

# Absecon Community Center for Seniors

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

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



# OCTOBER 2016



**\*IMPORTANT:** EVERYONE is considered a NEW CLIENT at the start of the new year. Therefore, EVERYONE must complete the brief "Client Information Sheet for 2016". 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.

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

6 (th): "Planning Ahead For Peace Of Mind" (10:15am) Lincoln Heritage Financial Insurance Co. Cards & games available, before & after speaker

11 (t): **Rummikube Tournament ! (10:15am)** Cards and games also available in the Great Hall. \*\*Sign up in advance to avoid confusion and delays on Tournament day

13 (th):  The very talented **Valerie Armstrong** will be playing a diverse selection of spirited tunes on the **Violin and Celtic Fiddle (10:15am)** Cards & games available, before & after Entertainment

18 (t): **HALLOWEEN** Bingo (10:15-11:15am) Rummikube, Cards, Games & more in Great Hall

20 (th):  Celebrate **OCTOBER BIRTHDAYS** at our **HALLOWEEN PARTY** (10:15am) with "Robin VanDuzee" Cards & games available, before & after Entertainment

25 (t):  Nursery School: *Spooktacular Halloween Performance* (10:15am)  followed by "TP Pumpkin Craft" (10:30am) ~ Cards & games also available after the entertainment

 Sign-ups are necessary for the craft so we will have enough supplies for everyone who wants to participate

27 (th): "**Reminiscence**" with Nancy Trivia Game (10:15am) Cards and games will also be available

November 1 (t): Fun For All: Bingo (10:15-11:30) Scrabble, Rummikube, Cards & Games & more .....

 **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 after the day's program. A donation of \$2.50 is requested to help defray the cost

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 of 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.