

Absecon Community Center for Seniors

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

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



NOVEMBER 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.

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



3 (th): **FDR & Teddy Roosevelt Videos (10:15am)** ~ Cards & games also available in Great Hall.

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

10 (th): "The Balance Center at Bacharach" (10:15am) Cards & games available, before & after speaker



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

17 (th): **Celebrate Thanksgiving**  & **November Birthdays**  at 10:15am with "The Musical Talent: Bud Noble" ~ Cards & games available, before & after Entertainment

22 (t): **Potpourri Mason Jar Craft (10:15am)** Cards and games also available in the Great Hall



24 (th): (The Senior Center will be closed for the holiday)

29 (t): "Reminisce" with Nancy Trivia Game (10:15am) Cards and games will also be available

Dec 1 (th): "What Services are YOU Eligible For?" (10:15am) Benefits Enrollment Center Rep from JFS, Village by the Shore (Cards & games available, before & after speaker)

6 (t): Fun For All: **Bingo (10:15-11:30am)** 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.