

Absecon Community Center for Seniors

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

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



APRIL 2017




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***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.


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


***We are accepting donated items for BINGO PRIZES!** Items can be NEW or Gently Used, Seasonal, Decorative, Household, Novelty or Practical (but no clothing please). If you need assistance getting these things to the Senior Center, we can help!

6 (th): **Rummikube Tournament! (10:15am)** Sign up in advance at the front desk to avoid confusion and delays on Tournament day. Cards and games also available in the Great Hall.

11 (t):  Welcome the **Absecon Nursery School** children who will "**Sing about Spring**"
(10:15am) Cards & games available, before & after Entertainment

13 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is "Bill Hoch & Carl LaBarbery"
(10:15am) ~ Cards and games will be available *before and after*


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

20 (th):  Celebrate **Spring & April Birthdays** at 10:15am with the music of "Robin VanDuzee" ~ Cards & games available, before & after Entertainment

25 (t): **The Classic Comedy of "Ray Stevens" (10:15am)** Tape to be shown in Great Hall
Book Swap ~ Cards and games also available

27 (th): **Peter Regenye: Medicare & Final Expenses (10:15am)** Ask the questions you've been meaning to ask!
Cards & games available, before & after speaker

May 2 (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

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.