

Absecon Community Center for Seniors

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










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



SEPTEMBER • 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.

- 5 (t): **BINGO (10-11:15am)** Brief presentation by our sponsor, "CARING" at 10am
with Bingo to follow ~ Scrabble, Rummikube, Cards, Games & more in the Great Hall
- 7 (th): **What's New This Fall at the Galloway Library**  (10:15-11:15am) Jane Stanwood (Branch Manager)
Cards & games available before & after speaker
- 12 (t): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.
- 14 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month are "Marty Glenn & Charlie Heuer"
(10:15am) Cards and games will be available before and after chat
- 19 (t): **BINGO (10-11:15am)** Brief presentation by our sponsor, "Royal Suites" at 10am
with Bingo to follow ~ Scrabble, Rummikube, Cards, Games & more in the Great Hall
- 21 (th): "BUD NOBLE" is Back to help us Celebrate September Birthdays  & Welcome Fall 
(10:15am) Cards & games available before & after entertainment
- 26 (t):  **PO-KE-NO! (10:15-11:15am)** Similar to Bingo, but played with "cards" ~ Other games also available
- 28 (th): "Be RED CROSS Ready!"  How to Prepare & Respond" (10:15am)
Cards & games available before & after speaker
-
- October 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
-
-  **ZUMBA CHAIR** (seated cardio workout) with *Kymbah* every Tues. 9-10am
- Continue Gary & Natalie's *Tai Chi* class with their  *Tai Chi* "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
Please be here by 11am or call by 11am to let us know you are coming

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 at 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.