Absecon Community Center for Seniors

Great Hall * UMC ~ 100 Pitney Road ~ Absecon, NJ 08201
Phone: (609) 645-0013 E-mail: seniorcenterumc@comcast.net

AUGUST 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.

2 (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

4 (th): **Digging Out The Record Player! Just wait and see (10:15am)** Cards and games will also be available

9 (t): **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(th): **Celebrate August Birthdays** **(10:15am)** with the "*Saxy*" music of **Mike Marano** Cards & games available, before & after Entertainment

16 (t): **"Keepin' Cool" Bingo (10:15-11:15am)** Scrabble, Rummikube, Cards & Games & more in Great Hall

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

23 (t): **"The Shoji Tabuchi Show from Branson, MO"** (10:15am) *Tape* to be shown in the Great Hall. Book Swap ~ Cards and games also available

25 (th):**"Do I or Don't I ~ When to make that call!"** (*Chief Barry Bruner*) Absecon Emergency Medical Services **(10:15am)** ~ Cards & games available, before & after speaker

30 (t): **"Let's Make a Deal"** with Anita (*Bring your pocketbook to dig deep for more chances to win*!) *Avon orders with a 1 week turnaround time will be taken that day! (Cards & Games also available)

Sept. 1 (th): Speaker
Sept. 6 (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!

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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.