

# Absecon Community Center for Seniors

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

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



# JULY 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.



(Tues): **CLOSED**



6 (th): **Rummikube Tournament! (10:15am)** Cards and games also available in the Great Hall.



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

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

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



20 (th): Celebrate **Patriotism & July Birthdays (10:15am)** at our Sing-a-long with "**Priscilla Cunningham**" ~ Cards & games available, before & after Entertainment

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



27 (th): **ACUA: The Who, What, Where, When, & How of Recycling (10:15am)** Cards & games available, before & after presentation

August 1 (t): **Rummikube Tournament! (10:15am)** Cards and games also available in the 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** For Our Seniors!

**Lunch** is served at 11:30am 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.