

# Absecon Community Center for Seniors

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

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



# MAY 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.



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

4 (th): "**Clowning Around**: Bringing joy through volunteerism" with Francine Watkins (10:15am)  
Cards & games available, before & after program


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

11 (th): **Spotlighting Our Seniors!** Chatting with Nancy this month is "The Walczak's" (10:15am)  
Cards and games available, before and after chat

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


18 (th): **Celebrate**  **Mother's Day & May Birthdays**  at 10:15am with the music of "Mike Marano" ~ Cards & games available, before & after Entertainment


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

25 (th): **The History of "TAPS"**  presented by **Al & May Schollenberger (10:15am)**  
Cards and games available, before and after presentation

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


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**June 1 (th): Speaker:** to be announced (10:15am)

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

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 **ZUMBA CHAIR** (seated cardio workout) with **Kymbah** every Tues. 9-10am (May 9<sup>th</sup>~ Patty DeISordo)

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  (May 11<sup>th</sup>~ Kate)

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

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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.**