

# January 2023



Every year you make a resolution to change yourself. This year, make a resolution to be yourself.



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CENTER CLOSED PUBLIC HOLIDAY! 	3 Nutrition and You 5:00 – 6:00 PM	4 Lunchtime Yoga Club 12:15 – 12:45 PM	5 Adult Craft Night 5:30 – 7:00 PM	6	7 Family Hike at Whitesbog 10:30 – 11:30 AM
8	9 Community Connection & Resource Guidance 12:00 – 4:00 PM	10 Women's Support Group 5:30 – 7:00 PM	11 Lunchtime Yoga Club 12:15 – 12:45 PM	12 Team Youth Initiative Financial Literacy Incentive Provided 5:00 - 6:00 PM	13 	14
15	16 CENTER CLOSED 	17	18 Lunchtime Yoga Club 12:15 – 12:45 PM	19 Lunchtime Yoga 	20 Family Breakfast for Dinner 5:30 – 7:30 PM	21
22	23	24 Foodies Favorites Adults 5:30 – 7:00 PM	25 Lunchtime Yoga Club 12:15 – 12:45 PM	26 Team Youth Initiative Making Smart Choices Incentive Provided 5:00 – 6:00 PM	27	28
29	30	31 Magic of Gathering Learn to Play   Ages 12+ 5:30 – 7:00 PM				

55 Pemberton-Brown Mills Rd. Browns Mills, NJ 08015

Phone: (609) 261-5847

www.PinelandsFSC.org

### HOURS OF OPERATION:

Monday 10am-5pm  
Tuesday 11am-7pm  
Wednesday 10am-5pm  
Thursday 11am-7pm  
Friday 10am-1pm

### HOURS SUBJECT TO CHANGE

All Activities and Programs offered by the Center are FREE and open to everyone.

JOIN US!

[PINELANDSFSC.ORG](http://PINELANDSFSC.ORG)



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REGISTRATION REQUIRED FOR MOST PROGRAMS.



**ALL PROGRAMS ARE IN PERSON UNLESS OTHERWISE NOTED**

**Adult Craft Night** – Join us at the Center for a fun evening of creativity and friendship! **\*\*One adult per household\*\***

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Community Connection & Resource Guidance** - Community members are invited to the Center to make a connection with us and become informed of resources available in Burlington County. Walk-ins welcome.

**Family Breakfast for Dinner** - Who doesn't love pancakes for dinner? Families are invited to the Center to create their own pancake masterpieces and enjoy some quality time together. We'll supply all the fixings; you bring your imagination and appetite!

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Family Hike at Whitesbog** - We always walk at Whitesbog in the summer or fall, let's see how beautiful it can be in winter! Grab the kids, dress in layers and let's take a walk! Don't forget your hat and mittens!

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Foodie Favorites | Adults** - Even if you're not making resolutions, we'll be making delicious and healthy Asian Chicken Lettuce Wraps with Chef Laurel this month! You'll never believe they're just 400 calories per serving! **\*\*Adults only. Please only register one adult per household\*\***

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Lunchtime Yoga Club** - Learn to use your lunch hour to reset your mind and body for the busy afternoon ahead. Instead of heading out to lunch with coworkers or eating at your desk, grab the work clan and recharge with a 30-minute yoga video at the Center. Yoga is like a moving meditation. Not only does it allow you to exercise every major muscle group in the body, but it also allows you to connect with your breath, body, and mind.

**Magic of Gathering | Learn to Play | Ages 12+** - Join us to Learn how to play Magic the Gathering, a collectible trading card game where you are a powerful wizard! This will be a great way to learn a new game that parents and older children can play together! We'll learn the rules and mechanics of the game, then split into pairs to practice playing under the knowledgeable eye of our fabulous volunteer! Each player will receive a 40-card deck to keep.

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Nutrition and You** - This interactive session will define good nutrition, speak on strategies, provide examples, and offer hands on practice. Join us for good information and fun! This program is in partnership with the Southern New Jersey Perinatal Cooperative. The first five participants to register and attend will receive a gift card.

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Team Youth Initiative Program** - The Pinelands FSC and Life Opportunities, Inc. have partnered to bring this extremely beneficial **Teen Mentoring Program** to the teenagers in our community. Meetings will be held twice a month from January to April. During each meeting, a mentor from our community will cover a different topic relevant to teens. Participants will receive a \$10 Wawa gift card for each session they attend at the end of the entire Team Youth Initiative Series. This program will be offered in person and via Zoom. Dinner is provided for in person attendees. Parents are required to remain at the Center during the program and are encouraged to participate with their child. The topics below will be covered in January:

- Financial Literacy
- Making Smart Choices

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Women's Support Group** - Join us for an evening of friendship and support as we discuss our challenges and achievements in our first ever Women's Support Group. Led by local community members, it's going to be a great place to make new friends as well! Dinner will be provided.

Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)