November 2021

"Let us be full of thanks and giving!" -*Anonymous*

PINELANDS FAMILY SUCCESS CENTER

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **First Day of American Indian Heritage Month**	2 CENTER CLOSED ELECTION DAY **RCBC Career Pathways 4:00 – 5:00 PM**	3 **Wellness Wednesday Living with Diabetes 2:00 – 2:45 PM**	4 **Gratitude Jar Making 4:30 – 5:00 PM**	5 	6
7 	8	9 **Diaper Distribution 10:00 – 3:30 PM** 	10 **Wellness Wednesday Sugar Substitutes & Sweeteners 2:00-2:45 PM** **The Skill of Creating Boundaries 7:00 – 9:00 PM**	11 CENTER CLOSED 	12 **Healthy Cooking for Kids | The Great Pumpkin Patch Dip 4:30 – 5:00 PM**	13
14	15 **FREE Flu Clinic Children Ages 6 and Under Incentive Provided 8:00 – 12:00 PM**	16 **Office Lingo Bingo Incentive Provided 4:00 – 5:00 PM**	17 **Wellness Wednesday| Enjoying a Bountiful Harvest** **Rediscovering What You Love for Moms Incentive Provided 4:00 – 5:00 PM**	18 **Diaper Distribution 10:00 – 3:30 PM** **Healthy for Life Food & Blood Pressure Incentive Provided 4:00 – 5:00 PM**	19	20
21	22 **How to Prevent Mold and Mildew Incentive Provided 3:00 – 4:00 PM**	23 **How Money Works Incentive Provided 4:00 – 5:00 PM**	24	25 CENTER CLOSED 	26 CENTER CLOSED NATIVE AMERICAN HERITAGE DAY	27 **Foodie Favorites Thanksgiving Leftovers 2:00 - 3:00 PM**
28	29 	30 **RCBC Career Pathways 4:00 – 5:00 PM**	All YouTube programs will be available on our YouTube channel beginning November 1st			

CENTER IS TEMPORARILY CLOSED DUE TO PANDEMIC UNTIL FURTHER NOTICE

To schedule a virtual appointment please call: (609) 261-5847

All activities and programs offered by the Center are FREE and open to everyone. Join us!

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

PINELANDSFSC.ORG

@PinelandsFSC

Find us on Facebook

REGISTRATION REQUIRED FOR SOME PROGRAMS.

New Jersey Department of Children and Families

VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING AND YOUTUBE:

Diaper Distribution - The Department of Children and Families and Baby2Baby.org have partnered with the NJ Family Success Center Network to distribute diapers and wipes to families in our community. Supplies are limited. Diaper sizes available include: 0-6. Registered participants may pick up their diapers from the Center on Tuesday, 11/9 and Thursday, 11/18 between 10am-3:30pm. **One Request per child please** Register Online: www.pinelandsfsc.org

Foodie Favorites | Thanksgiving Leftovers (YouTube) - Chef Laurel shows us how to make a brand-new meal out of leftover Thanksgiving turkey- Turkey Divan! Ingredient list will be available on our online calendar. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel.

FREE Flu Clinic | Children Ages 6 and Under | Incentive Provided - Virtua Pediatric Mobile Services is offering free Flu Vaccine Clinics for Fall 2021 for children ages 6 and under. Walk-Ins are welcome, registration preferred. **One participant will be randomly chosen to receive a $25 Acme Gift Card** Register Online: www.pinelandsfsc.org

Gratitude Jar Making (Zoom) - Being thankful is a great way to increase your happiness, even in hard times! Join us in creating beautiful Gratitude Jars and learn how to incorporate gratitude into your everyday life. Registered participants can pick up their supplies October 25th-28th between 10am-3:30pm. Register Online: www.pinelandsfsc.org

Healthy Cooking for Kids | The Great Pumpkin Patch Dip (YouTube) - Learn how to whip up a really easy, fun and festive dip that works well with all kinds of dippers!! Children of all ages can make this perfect holiday appetizer! Ingredient list will be available on our online calendar. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel.

Healthy for Life | Food & Blood Pressure | Incentive Provided - Join us to learn how food can impact overall health and why blood pressure is a critical factor for your health. All registered participants will receive a FREE meal kit to make the recipe at home via contactless delivery. This program is in partnership with the Food Bank of South Jersey. Register Online: https://bit.ly/pinelandsdemo

How Money Works | Incentive Provided (Zoom) - In partnership with Primerica, speaker Tony Miehle will discuss the root causes of financial failure in the US, how to pay off debt in the best possible manner, the 3 D's of investing and more. **The first 6 participants to register and attend will receive a $10 Wawa gift card** Register Online: www.pinelandsfsc.org

How to Prevent Mold and Mildew | Incentive Provided (Zoom) - In partnership with the Southern New Jersey Perinatal Cooperative, this program will review moisture, mold and mildew sources along with low-cost suggestions to get the moisture out of your home and reduce allergy symptoms. **Three participants will be randomly chosen to receive Healthy Homes Bags that can be picked up at the Center on 11/23 between 10am-3:30pm** Register Online: www.pinelandsfsc.org

Office Lingo Bingo | Incentive Provided (Zoom) - Have you ever walked out an interview or a conversation in the workplace and wondered "what just happened"? Come join us as we play several rounds of office lingo bingo! This program is in partnership with the Women's Opportunity Center. Registered participants will receive their bingo cards in the mail the week before the program. **The first 6 participants to register and attend will receive a $10 Wawa gift card** Register Online: www.pinelandsfsc.org

RCBC Career Pathways - The Career Pathways program is geared towards helping participants learn how to build their own Career Pathway. In-demand careers, the value of education, and more helpful information is discussed. This program is presented by Rowan college of Burlington County. No registration necessary, click the following link to join: CareerPathways presentation

Rediscovering What You Love | Moms | Incentive Provided - You are not *just a mom*. As moms we tend to put our needs to the bottom of the list. Together let's rediscover what lights you up, makes you smile, what brings you joy and how to bring more of what you love into your life. A "good mom" starts with a happy you! **Two participants will be randomly chosen to receive a $25 Amazon gift card.** Register Online: www.pinelandsfsc.org

The Skill of Creating Boundaries | Learning to Say No (Zoom) - Do you experience guilt or difficulty when saying no? Setting healthy boundaries is essential for healthy relationships and one's mental and physical wellbeing. In this workshop you will learn the concept of boundaries and get tools and simple skills to gain the confidence to say yes to yourself and your wellbeing. This program is offered through the Southern New Jersey Perinatal Cooperative and Rowan College South Jersey. Register Online: https://rcsj.edu/displacedhomemakers/gloucester/newsletters-workshops or call 856-415-2222.

Wellness Wednesday | Enjoying a Bountiful Harvest (Zoom) - This program will discuss the bountiful harvest that New Jersey has to offer. Learn about the health benefits and ways to prepare some of your favorites. This program is offered through Rutgers Cooperative Extension. Register Online: https://rutgers.zoom.us/webinar/register/WN_77dZJmyjT8WIweb39_iwPA

Wellness Wednesday | Living Well with Diabetes (Zoom) - Are you or a loved one living with diabetes? More than 34M American adults are estimated to have this chronic condition. There are many things you can do to prevent or delay the complications of diabetes, and to live a healthy and productive life. Eating well and being physically active are two important self-management behaviors, but there are others to focus on as well. This webinar will provide an overview of the Association of Diabetes Care and Education Specialist (ADCES) 7 key areas of effective diabetes self-care and will provide tips and resources to help you to live well with diabetes. This program is offered through Rutgers Cooperative Extension. Register Online: https://rutgers.zoom.us/webinar/register/WN_5yzwwOoYQKWMI5g0OsA9dQ

Wellness Wednesday| Sugar Substitutes & Sweetener (Zoom) - If you have ever wondered about sugar substitutes and alternative natural sweeteners as a way to cut back on 'sugar', join us for this discussion about the different types of sugar substitutes, how they affect the body and more food for thought as you plan your way to making healthy eating decisions. This program is offered through Rutgers Cooperative Extension. Register Online: https://rutgers.zoom.us/webinar/register/WN_GxZ5ECtxR6-FlwrLjyJPTQ

YouTube Videos will go live at the time noted on the calendar, but will remain available for viewing at your convenience