




December 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Scan the Code to Register! 				1	2
3	4	Women's Support Group 5:30 PM – 7:00 PM	Wellness Wednesdays Eating Disorders 12:30 PM – 1:30 PM	Family Gingerbread Decorating 5:30 PM- 7:00 PM First Day of Hanukkah	8 	9
10	Community Connection & Resource Guidance 12:00 PM- 3:00 PM	12	Wellness Wednesdays The Eight Dimensions of Wellness 12:30 PM – 1:30 PM	14	15	16 Holiday Gift Shop 10:00 AM – 2:00 PM
17	Gift Wrapping 10:00 AM – 4:00 PM	19 Gift Wrapping 11:00 AM – 5:30 PM Food Smarts for Adults Part 6 Incentive Provided 5:00 PM – 6:00 PM	20 Gift Wrapping 10:00 AM – 4:00 PM Healthcare Application Assistance 10:00 AM – 2:00 PM	21 Healthy Cooking for Kids Ages 6-12 5:30 PM- 7:00 PM	22 Center Closed	23
24/31 Christmas Eve/New Years Eve	25 Christmas Day Center Closed	26 First Day of Kwanzaa	27 Family Movie and Game Day 10:AM – 4:00 PM	28	29 Center Closed	30

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

Phone: (609) 261-5847

www.PinelandsFSC.org

HOURS OF OPERATION:

Monday 10:00am-5pm

Tuesday 11am-7pm

Wednesday 10:00am-5pm

Thursday 11am-7pm

Friday 10:00am-1pm

**All Activities and Programs
offered by the Center are
FREE and open to
everyone.
JOIN US!**

PINELANDSFSC.ORG



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**REGISTRATION REQUIRED
FOR MOST PROGRAMS.**



ALL PROGRAMS ARE IN PERSON UNLESS OTHERWISE NOTED

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 Gingerbread Decorating – Come to the Center for some gingerbread cookie decorating fun!! Please register for the total number of family members who will be decorating. Register Online: www.pinelandsfsc.org

Family Movie and Game Day – Get out of the house over Winter break and come to the Center! We'll have special snacks, holiday movies and lots of games to play! Don't worry, we won't forget the hot chocolate either. Register Online: www.pinelandsfsc.org

Food Smarts for Adults Part 6 | Incentive Provided – In partnership with SNAP-ED and Rutgers University, this course offers a flexible 3- part multi-session nutrition and cooking program focused on: Healthy Eating, Food Safety, Cooking, and Food Resource Management. Every participant receives a free Incentive for each class. Register Online: www.pinelandsfsc.org

Gift Wrapping – Are there always prying eyes at home? Bring your holiday gifts to wrap! Paper, tape, and scissors provided! Come anytime between 10am and 4pm! Register Online: www.pinelandsfsc.org

Healthcare Application Assistance – A **Healthcare** Navigator will help you learn about your options for quality, affordable healthcare for you, your family or your small business. Drop in or set up an appointment with the Healthcare Navigator for FREE by calling 1-877-962-8448 or visiting their website www.centerffs.org.

Healthy Cooking for Kids | Ages 6-12 – The holiday season is upon us and it's time to ramp up our sweet tooth as well! This easy but delicious and elegant dessert is perfect for any occasion. Fluffy Chocolate Mousse will wow your guests but is easy for kids of any age to whip up! We will decorate our mousse with cute holiday toppings! **Please note this recipe includes peanut butter** Register Online: www.pinelandsfsc.org

Holiday Gift Shop – Could you or a family you know use a helping hand this holiday season? Register your child and receive gifts to make the holiday season bright! Registrants will have the opportunity to “shop” for gifts for their loved ones. Registration does not guarantee gifts. You will be contacted via email and text on December 12th if we are able to accommodate your request. Please note, you must call to register: 1-609-261-5847.

Wellness Wednesdays | Eating Disorders: Signs, Symptoms and Supports - Have you ever lived with someone who struggled with an eating disorder, or have you yourself struggled with disordered eating? The speaker, Delma Yorimoto will share signs and symptoms of the most common eating disorders and share invaluable resources for prevention and early intervention. Register at: https://rutgers.zoom.us/webinar/register/WN_5NhchYfISUWDXx16p8eHgg

Wellness Wednesdays | The Eighth dimensions of Wellness – Wellbeing is an important part of living a healthy and fulfilled life. There are eight components of Wellness defined by SAMSHA and this presentation will review all eight that we have discussed throughout the 2023 FCHS Wellness Wednesday series. Register at: http://rutgers.zoom.us/webinar/register/WN_5NhchYfISUWDXx16p8eHgg

Women's Support Group – Join us for an evening of friendship and support as we discuss our challenges and achievements in our Women's Support Group. Led by local community members, it's a great place to make new friends as well! Dinner provided. Register Online: www.pinelandsfsc.org