

December 2021



"May Peace, Hope and Love be yours during this Holiday Season & throughout



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All YouTube programs will be available on our YouTube channel beginning Wednesday December 1 st .			1 Holiday Gift Wrap Giveaway 10:00 AM – 3:30 PM Communication Skills 6:00 – 8:00 PM	2	3 Pemberton Township Tree Lighting 6:30 – 7:30 PM	4 
5	6	7 Holiday Gift Wrap Giveaway 10:00 AM – 3:30 PM	8 Virtual C.A.C. Meeting 12:30 PM Wellness Wednesday All About Coffee 2:00 – 2:45 PM	9 Gift Wrapping Class 4:30 – 5:30 PM 	10	11 Handmade Holiday Market & Family Day at Whitesbog 11:00 AM – 4:00 PM
12	13 Holiday Cards for Seniors Incentive Provided 10:00 AM – 3:30 PM	14 Virtual Community Round Table Incentive Provided 5:30 – 6:30 PM	15 Wellness Wednesday Stress Proof Holiday Eating 2:00 – 2:45 PM Creating Awareness of Your Thoughts & Beliefs for Moms 4:00 – 5:00 PM	16	17 	18 Family Sugar Cooking Making 11:00 AM - 11:30 AM
19	20 	21 Foodie Favorites Holiday Lasagna 4:00 – 4:30 PM	22	23	24 CENTER CLOSED Christmas Eve 	25 
26	27	28 Kids Yoga and Storytime 11:00 AM – 11:45 AM	29 Winter Pillow Making for Kids Ages 5+ 1:00 – 1:30 PM	30 Healthy Cooking for Kids No Bake Chocolate Thimble Cookies 4:00 – 5:00 PM	31 CENTER CLOSED 	

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.



VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING, WEBEX AND YOUTUBE:

Communication Skills - No matter what job you do in your professional life or what role you fill in your personal life, communication skills are essential to every relationship. Learn how to communicate effectively by appropriately expressing yourself and by using active listening to understand others. This is a program of 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 to register.

Community Advisory Council Quarterly Meeting (Zoom) - The C.A.C. is a dedicated group of professional partners meeting to discuss community needs and how, through collaboration, we can provide the most needed programs, activities, and services to support local families. If your organization would like to be involved, please contact riccarpenter@prevplus.org

Community Round Table (Zoom) - Community members are invited to join us virtually to discuss how the Family Success Center can best support our community through programs and activities for children and families. Two participants will be randomly chosen to receive a \$20 Wawa gift card via email. Register Online: www.pinelandsfsc.org

Creating Awareness of Your Thoughts and Beliefs | Moms (Zoom) - Would you speak to your kids or friends the way you speak to yourself sometimes? Together we will learn to give yourself grace, treat yourself with kindness and shift your thinking in a way to support the type of mom you want to show up as. Register Online: www.pinelandsfsc.org

Family Sugar Cooking Making - Come to the Center and pick up a Sugar Cookie Mix, icing and cooking cutters to make fun holiday treats with the whole family! Kits may be picked up 12/13-12/16 between 10am-3:30pm.

Foodie Favorites | Holiday Lasagna (YouTube) - Chef Laurel is back with another delicious recipe via our YouTube channel! Holiday Lasagna is a yummy comfort food that will be sure to please everyone around the dinner table. The ingredient list will be available on our online calendar. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel.

Gift Wrapping Class (Zoom) - Are you "gift wrapping challenged"? Would you like to learn how to be more creative in wrapping the gifts for your loved ones? Join PFSC volunteer Christina to learn how to make those presents look beautiful! Register Online: www.pinelandsfsc.org

Handmade Holiday Market & Family Day at Whitesbog - Bundle up for some outdoor fun at the Historic Whitesbog Village! Have your photo taken with Santa, take a free wagon ride, go on a candy cane hunt through the trails, enjoy hot cocoa, cookies, live music and more! **To register for pictures with Santa, go to www.pemberton.recdesk.com. Registration required**

Healthy Cooking for Kids | No Bake Chocolate Thimble Cookies (YouTube) - These no-bake chocolate beauties are easy enough for kids to "bake" up, but so delicious, they'll be appreciated by adults as well! Amp up the nutrition by using protein powder if you like. Ingredient list will be available on our online calendar. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel

Holiday Cards for Seniors | Incentive Provided - We invite your family to help make the holidays a little brighter for senior citizens in Burlington County. Create holiday cards at home and drop them off to the Center between 10am and 3:30pm on Monday, December 13th. We will deliver them to Granville Place, an assisted living community in Burlington. **One lucky artist will receive a \$20 K&B Bagels gift card** Register Online: www.pinelandsfsc.org

Holiday Gift Wrap Giveaway - The FSC would like to make the holidays a little easier by providing your family wrapping paper, tape and bows. Registered participants may come to the Center Wednesday 12/1 or Tuesday 12/7 between 10am and 3:30pm to pick up your wrapping supplies. Register Online: www.pinelandsfsc.org

Kids Yoga and Storytime | Ages 5-11 (Zoom) - This 45-minute Zoom class includes a fun read-aloud followed by a yoga and breathing practice for kids ages 5-9. Other age levels welcome at caregiver's discretion. The instructor, Ms. Katie, is an elementary school teacher and yoga teacher for both kids and adults. Register Online: www.pinelandsfsc.org

Pemberton Township Tree Lighting - Join Pemberton Recreation and Pemberton TAG for the annual Township Tree Lighting at Reflections Park. It's a magical event you don't want to miss! Enjoy cookies (sponsored by PFSC) and hot chocolate after, maybe while making new friends!

Wellness Wednesdays | All About Coffee (WebEx) - Current research indicates possible health benefits including a decreased risk of certain types of cancer, cardiovascular disease, neurodegenerative disorders, type 2 diabetes, and liver disease. Join us to learn how it's really ok to have coffee as your mug of choice! This program is offered by the Rutgers Cooperative Extension. Register Online: https://rutgers.zoom.us/webinar/register/WN_33tqcLUCR1-v2s0qQ3b72g

Wellness Wednesdays | Stress Proof Holiday Eating (WebEx) - When we feel stressed, our otherwise normal, healthy habits may slip, or be replaced by impulsive, less healthy ones. Signs of 'stress-eating' may include choosing more high calorie 'comfort' foods, excessive snacking, skipping meals, and over-eating food portions. With awareness and planning, you can minimize the impact of stress on your diet. Come learn some strategies to stress-proof your eating in this informative webinar! Register Online: https://rutgers.zoom.us/webinar/register/WN_szPqvXyuREqY6NBxh4rDbA

Note: Wellness Wednesday Programs are Presented by Rutgers Cooperative.

Winter Pillow Making for Kids | Ages 5+ (Zoom) - Have the kiddos join Pinelands FSC's youngest volunteer via Zoom to learn how to make winter fleece pillows! Supplies can be picked up at the Center on 12/20-12/22 between 10am-3:30pm. Register Online: www.pinelandsfsc.org

YouTube Videos will go live December 1st and will remain available for viewing at your convenience. Registration is required for programs that have a scheduled time.

To find YouTube programs simply search Pinelands Family Success Center on YouTube.