


April 2024

Scan the code to Register



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Navigating Options for Wellness Ages 60+ Incentive Provided. 12:30PM – 2:00 PM	2 10 WAYS TO REFRESH YOUR HOME FOR SPRING & SUMMER ZOOM ONLY 2:00 PM – 3:00 PM	3 Wellness Wednesday: Centering & Celebrating Cultures in Health. 12:30 PM – 1:30 PM	4 Homebuyers Education Workshop 5:30 PM – 7:00 PM	5	6
7	8 Community Connection & Resource Guidance 12:00 PM – 3:00 PM Navigating Options for Wellness Ages 60+ Incentive Provided. 12:30 PM – 2:00 PM	9 Women’s Support Group 5:30 PM – 7:00 PM	10 Wellness Wednesdays: Taking Advantage of NJ Produce in the Spring. 12:30 PM – 1:30 PM	11 4H Club Ages 8+ 2:00 PM – 4:00 PM Team Youth Initiative Program How to Write Your First Novel Story 5:00 PM – 6:00PM	12	13 Gentle Yoga Adults 10:30AM – 11:30AM
14	15 Tax Day	16 NJ CAP Parent Workshop Adults 5:00 PM – 6:00 PM	17 Community Advisory Council Meeting 12:30 PM- 1:30 PM Wellness Wednesday: Understanding Health Disparities 12:30 PM – 1:30 PM	18 Healthy Cooking for Kids Ages 6-12 5:30 PM – 7:00 PM	19 Family Draw Night Spring Still Life Ages 10+ 5:30 PM – 7:00 PM	20
21	22	23 Caretakers of Special Needs Children Support Group 5:30 PM – 7:00 PM	24 Healthcare Application Assistance 10:00 AM- 2:00 PM Wellness Wednesdays: 10 Warning Signs of Alzheimer’s 12:30 PM – 1:30 PM	25. 4H Club Ages 8+ 2:00 PM – 4:00 PM Team Youth Initiative Program Mental Health for Teens and Families 5:00 PM – 6:00 PM	26 National Pretzel Day Giveaway 5:00 PM – 6:00 PM	27 
28	29	30 Loans & Lending Teens and Adults 5:30 PM – 6:30 PM				

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



REGISTRATION REQUIRED FOR MOST PROGRAMS.



ALL PROGRAMS ARE IN PERSON UNLESS OTHERWISE NOTED

Caretakers of Special Needs Children Support Group - Join us for an evening of friendship and support as we discuss our challenges and achievements in our first ever Caretakers of Special Needs Children 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

Community Advisory Council Meeting - 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 dolandruger@prevplus.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. 30 minutes before.

Family Draw Night | Spring Still Life | Ages 10+ - Come to the Center and work on your very own Spring Still Life, using colored pencils. Refreshments provided. Register Online: www.pinelandsfsc.org

Gentle Yoga | Adults- This practice will be a series of poses, focuses on the breath work, welcoming all levels. We will be holding each pose for five or more breaths to deepen the stretch and create mindfulness in combination with meditation. The goal is to leave this class feeling refreshed in both mind and body; ready to start your day!

Loans & Lending | Teen & Adults - Not sure what a Loan is? Curious about how to protect your bank accounts against fraud? The Bank of Princeton's Branch Manager will go over topics such as loans & lending, personal financial management, budgeting, and how to protect yourself against fraud. **Dinner provided.** Register at: www.PinelandsFSC.org

4H Club | Ages 8+ Come to the Center for a newly sponsored 4H Club! 4-H Club is designed to have fun with S.T.E.M by learning about Science, Technology, Engineering and Math through games of all kinds. You can register at: <http://v2.4honline.com/>

Healthcare Application Assistance - A Healthcare Navigator will help you learn about your options for quality, affordable health care 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 - Pasta Salad for One. Lunch or dinner will be ready in a snap! Use your favorite pasta and add seasonal, fresh produce to make a nutritious meal. Spring has sprung so we are going to feature herbs and spring veggies in our recipe as well as other add-ins. Register Online: www.pinelandsfsc.org

Homebuyers Education Workshop - Join us for an informative workshop where an industry professional will provide information and education about housing programs, focusing on those in Burlington County. Participants will learn what programs are available and receive tips on how to prepare for home buying. **Dinner provided.** Register Online: www.pinelandsfsc.org

NJCAP Parent Workshop is a 1-hour program given by CAP facilitators which includes an overview of assault, information on identification of abused children, community resources and legal responsibilities for reporting abuse or neglect for adults in the community. The training emphasizes communication skills for discussing assault with children and effective responses for handling a child in crisis. Parents are given a detailed description of the classroom workshops. **Dinner Provided.** Register at: www.pinelandsfsc.org

Team Youth Initiative – In partnership with Life Opportunities, Inc., we are excited to again bring this teen mentoring series. This program will be offered in person and via Zoom. Dinner will be provided for in-person attendees. Parents are required to remain at the center during the program and are encouraged to participate with their child. 4/11 How to Write Your Story or Novel 4/25 Mental Health for Teens and Families. **Dinner Provided in-person.** Register Online: www.pinelandsfsc.org

10 Ways to Refresh Your Home for Spring & Summer | Zoom Only – We will provide a few DIY project suggestions such as painting a side table or planting a garden. [Declutter your home, stress free! An easy step by step approach Tickets, Multiple Dates | Eventbrite](#)

Wellness Wednesday - Wellness Wednesday webinars with Family & Community Health Sciences will focus on a variety of topics related to food, nutrition, and healthy lifestyles. https://rutgers.zoom.us/webinar/register/WN_7qERmnOaQvCef0eNqnnz_w#/registration

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