







# May 2022



"NO MATTER HOW CHAOTIC IT IS, WILDFLOWERS WILL STILL SPRING UP IN THE MIDDLE OF NOWHERE." - SHERYL CROW



| SUN  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|---|--|--|---|
| 1<br>ASIAN<br>PACIFIC<br>AMERICAN<br>HERITAGE<br>MONTH   | 2  | 3<br>Volunteer<br>Orientation<br>In-person<br>5:30 PM - 6:30 PM                                     | 4<br>Wellness Wednesday<br>Living with Food<br>Allergies<br>2:00 PM – 2:45 PM                 | 5<br>CINCO de MAYO<br><br>Strengthening<br>Families Program<br>5:30 PM – 7:30 PM | 6<br> | 7   |
| 8<br>Mother's<br>Day<br> | 9  | 10<br>A Taste of African<br>Heritage Cooking<br>4:00 PM – 5:00 PM                                   | 11<br>Wellness Wednesday<br>To Eat, or Not to Eat<br>2:00 PM – 2:45 PM                        | 12<br><br>Strengthening<br>Families Program<br>5:30 PM – 7:30 PM                 | 13   | 14<br><br>Mother's Day<br>Family Breakfast<br>In Person<br>10:00 AM – 11:30 AM            |
| 15   | 16<br>                    | 17<br>Online Job<br>Searching and<br>Transferable Skills<br>In Person and Zoom<br>5:30 PM – 6:30 PM | 18<br>Wellness Wednesday<br>Build a Better<br>Beverage<br>2:00 PM – 2:45 PM                   | 19<br><br>Strengthening<br>Families Program<br>5:30 PM – 7:30 PM                 | 20<br><br>Family Bingo<br>In Person<br>5:30 PM – 7:00 PM                                 | 21<br> |
| 22   | 23   | 24<br>Finances 101<br>In Person and Zoom<br>5:00 PM – 6:00 PM                                       | 25<br>Wellness Wednesday<br>Benefits of Physical<br>Activity for Seniors<br>2:00 PM – 2:45 PM | 26<br><br>Strengthening<br>Families Program<br>5:30 PM – 7:30 PM                 | 27   | 28  |
| 29   | 30<br>CENTER CLOSED<br> | 31<br>Healthy Cooking for<br>Kids - In Person<br>5:30 PM – 6:30 PM                                  |           |  |  |   |

55 Pemberton-Brown  
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](http://PINELANDSFSC.ORG)



@PinelandsFSC

Find us on  
**Facebook**

REGISTRATION REQUIRED FOR  
SOME PROGRAMS.



## VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING

**A Taste of African Heritage Cooking (Zoom)** - Learn to Cook African Diaspora Cuisine! Join Shanna from the Food Bank of South Jersey as she teaches you how to shop for and prepare healthy plant-based foods using spices and herbs, leafy greens, whole grains, beans, tubers, fruits, and vegetables. Free delicious recipes to cook for your family and friends will be offered and taught every month for 6 months. This program is in partnership with the Food Bank of South Jersey.

Register Online: <https://bit.ly/AtoahPL>

**Family Bingo (In Person)** - Let's get together and have some good old fashioned fun playing bingo! Snacks and prizes provided, limit one prize per person.

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

**Finances 101 (In Person and Zoom)** - Join us and local financial professional, Tony Miehle for this insightful class. Tony will be reviewing the next chapter of Suze Ormon's "Money Book for the Young, Fabulous and Broke". This program will be IN PERSON and via Zoom. You will be asked upon registration if you would like to participate at the Center or via Zoom. Space is limited, some participants may be asked to join virtually. Masks are requested. Dinner provided. Register online: [www.pinelandfsc.org](http://www.pinelandfsc.org)

**Healthy Cooking for Kids (In Person) - Summertime Bento Food-Stations!** These artful and healthy dishes are perfect for a lunch or anytime snack! We will prepare an American Flag made entirely from fruit and a cute Cucumber and Ladybug salad to go along with it! Food as art is a great way for kids to make mealtime fun plus reap the benefits from nutritious fruits and veggies. Kids will get to take home a reusable sectioned "bento" container. Register Online: [www.pinelandfsc.org](http://www.pinelandfsc.org)

**Mother's Day Breakfast – In Person** - May is a month to celebrate moms! Bring the kids and join us for a yummy breakfast! Register Online: [www.pinelandfsc.org](http://www.pinelandfsc.org)

**Online Job Searching and Transferable Skills (In Person and Zoom)** - Times are changing, and everything is becoming more virtual, especially now! Come learn two valuable skills in this course. First, we will learn how to search for jobs online, and second, we will talk about how we can transfer skills from staying home/other jobs and how to apply it to a new job. This program is in partnership with the Women's Opportunity Center and will be IN PERSON and via Zoom. You will be asked upon registration if you would like to participate at the Center or via Zoom. Space is limited, some participants may be asked to join virtually. Dinner provided.

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

**Strengthening Families Program – For parents/caregivers with children ages 9-14 (In Person)** - Strengthening Families is a science-based program which includes the entire family. It's designed to further develop family relationships and improve communication by helping parents/caregivers practice limit setting with love while helping children develop critical life and social skills. Lessons focus on family management techniques, decision making, coping with stress, communication, and more.

**Volunteer Orientation (In Person)** - It's been quite a while since we've been able to have volunteers in the building! Whether you're new or have been donating your time and talents to the Center for years, we invite you to a volunteer orientation as a refresher. We value our volunteers and want to ensure that their efforts are both meaningful and respectful of their time. Everyone who wishes to volunteer at the FSC must complete a Volunteer Orientation. Register Online: [www.pinelandfsc.org](http://www.pinelandfsc.org)

**Wellness Wednesdays (Webinar)** - Wellness Wednesday webinars focus on a variety of topics related to food, nutrition, and healthy lifestyles. Each session walks participants through easy steps to take to add positive health behaviors into their day. Sessions are presented by Rutgers Cooperative. See program and registration links below:

- Living with Food Allergies - Food allergies are life threatening! Learn how to manage the challenges of selecting and preparing food, eating out, and coping with emotions.  
Register online: <https://njaes.rutgers.edu/wellness-wednesdays/>
- To Eat, or Not to Eat - This presentation will highlight a variety of healthy eating strategies to prevent chronic diseases such as heart disease and diabetes.  
Register online: <https://njaes.rutgers.edu/wellness-wednesdays/>
- Build a Better Beverage - This webinar will offer suggestions and guidance on making your beverage choices healthy choices.  
Register online: <https://njaes.rutgers.edu/wellness-wednesdays/>
- Benefits of Physical Activities for Seniors - This program will talk about creating or adding to an exercise regimen safely for folks of all ages and especially seniors.  
Register online: <https://njaes.rutgers.edu/wellness-wednesdays/>

**Participants of Zoom programs will receive an email & text with the Zoom link at least 24 hours before the program.**