

May 2024

Scan the Code to Register!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Asian Pacific American Heritage Month	1 Wellness Wednesday Understanding Alzheimer's and Dementia 12:30 PM – 1:30 PM	2 Mother's Day Gift Making Ages 5 + 5:30 PM – 6:30 PM	3 CINCO DE MAYO FAMILY DINNER 5:00 PM – 7:00 PM	4
5 Cinco De Mayo	6	7 Foodie Favorites Adults 5:30 PM – 7:00 PM	8 Wellness Wednesday Communicating Effectively with Loved ones Alzheimer's and Dementia 12:30 PM – 1:30 PM	9 Team Youth Picnic 5:00 PM – 7:00 PM How to Update Your Home on a Budget! Zoom 2:00 PM – 3:00 PM	10	11 Lace Up Against Stigma 9:00 AM – 12:00 PM
12 Mother's Day	13 Community Connection & Resource Guidance 12:00 PM – 3:00 PM	14 Office Lingo Bingo 5:30 PM – 6:30 PM	15 Wellness Wednesdays Healthy Living for Your Brain and Body 12:30 PM – 1:30 PM	16 Women's Support Group 5:30 PM – 7:00 PM	17 Center Closed	18
19		21 Healthy Eating and You Ages Infant - 8 5:00 PM – 6:00 PM	22 Wellness Wednesdays Bridging the Rural Behavioral Health Treatment Access Gap through Community Engagement and Technology 12:30 PM – 1:30 PM	23 Plan Your Life & Leave a Legacy General Estate Planning 101 5:30 PM-7:00 PM	24	
26	27 Center Closed Memorial Day	28 Family Walk at Smithville Lake 5:30 PM – 7:00 PM	29 Healthcare Application Assistance 10:00 AM – 2:00 PM	30 Virtual Mobile Van Cancer Screening Event Women Only 8:00 AM – 4:00 PM Senior Series Living Options Zoom Only 11:00 AM – 12:00 PM	31	

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Phone: (609) 261-5847
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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

Cinco de Mayo - Come join us at the PFSC for an evening of celebration & family togetherness as we ring in Cinco De Mayo! **We will be serving a Taco Bar!** Register Online: www.pinelandsfsc.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 Walk at Smithville Lake - Exercising in nature is the perfect way to get physical! Join us for a walk-through Historic Smithville Lake for some fresh air, socialization, and exercise! We hope to see you there. We will send out the exact parking location to meet at. Register Online: www.pinelandsfsc.org

Foodie Favorites | Adults - Chef Laurel is back for yet another yummy recipe this month: ****Adults only. Please only register one adult per household**** Register Online: 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 Eating and You – Come to the Center and learn about good nutrition, portion sizes, and how to engage your children in the process to make a fun and easy snack. **Dinner provided.** Register at: www.pinelandsfsc.org

How to Update Your Home on a Budget! Zoom Only - In this workshop you will learn tips and tricks that you can implement immediately the next day to make amazing changes in your home on a budget! We will also recommend a few projects that can be done in a day or two that can completely transform a room! This program is offered with our partnership via Olga St. Pierre Real Estate Team (Keller Williams RE). Register at: [Top 10 Cost Effective Renovation Projects for Your Home! Tickets, Multiple Dates | Eventbrite](#)

Lace up against Stigma - Lace Up Against Stigma - Prevention Plus of Burlington County is hosting the second annual Lace Up Against Stigma 5K Run and 1 Mile Walk to promote the commitment of being stigma-free against mental health disorders, substance use disorder, and more! Proceeds of this fundraiser will benefit Burlington County community members and residents by helping fund prevention education programs that are delivered throughout the county. Pinelands FSC will sponsor three families to participate in the 1-mile walk! **See Prevention Plus of Burlington County's Facebook page for more information.** Register Online: www.pinelandsfsc.org

Mother's Day Gift Making | Ages 5+ - Bring the kids to the Center so they can create an amazing Mother's Day Gift! We're not telling what it is, it's a surprise! Register Online: www.pinelandsfsc.org

Office Lingo Bingo - The business world is full of corporate buzzwords, they are typically shared in a Forbes or HBR article and make their way into the boardrooms and creep into email chains, slack chats, and teams' channels. **Women's Opportunity Center** will be here at the Center with a fun Bingo game that helps incorporate these terms into everyday work culture. Winners will receive a prize. **Dinner Provided.** Register at: www.pinelandsfsc.org

Plan Your Life & Leave a Legacy | Estate Planning 101 This program focuses on General Estate Planning. A lawyer will explain why Estate planning is important and will cover Wills, Trusts, Guardianship for minor children, Health Care Directives, Financial Power of Attorneys and Living Wills. **Dinner Provided.** Register Online: www.pinelandsfsc.org

Senior Series: Senior Living Options | Zoom Only - It's never too early to start preparing for your future or your parent's future. You will learn more about various living options such as aging in place, assisted living, 50+ communities, etc. and what to take into consideration. We have also invited a guest speaker from a local senior community. They will be providing information as well as answering any questions that you may have. *This program is offered with our partnership via Olga St. Pierre Real Estate Team (Keller Williams RE). Register at: [Senior Series: Senior Living Options Registration, Thu, May 30, 2024 at 11:00 AM | Eventbrite](#)

Team Youth Picnic – Come celebrate all your hard work this year with Team Youth, BBQ style! Youth who participated in at least one Team Youth Initiative Program will receive an invitation to register via email.

Virtual Mobile van Cancer Screening Event | Women Only - Virtua's state-of-the-art mobile screening unit is coming to the Pinelands Family Success Center! Their board-certified clinician and technologist provide onsite 3D mammograms, pap tests, and other screenings. Virtua accepts most major insurance providers, Medicare, and Medicaid. Appointments are required. For scheduling for this event please call 856-246-4276.

Wellness Wednesdays - 5/1 Understanding Alzheimer's, 5/8 Communicating Effectively, 5/15 Healthy Living, 5/22 Bridging. Register at : https://rutgers.zoom.us/webinar/register/WN_hQoKlj_ySHiymiqXmd1zww#/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