

# Free and Open to all of Atlantic County



# August 2017

New Day Family Success Center  
 622-624 S. New York Road  
 Galloway, NJ 08205  
 (609) 652-0230

Sunday Closed	Monday 10am-6pm	Tuesday 10am-8pm	Wednesday 10am-8pm	Thursday 10am-6pm	Friday 10am-6pm	Saturday Varied
	<b>Daily Garden Time</b> 4-6pm 	<b>Girl Empowerment Camp</b> Tuesday to Friday 12- 4pm				<b>Community Social</b> 1-2pm  12-3pm
	7	8		10	<b>Crochet &amp; Knitting Circle</b> 4-6 pm 	
	<b>Senior Social:</b> Luncheon 1-1:30pm Bingo 1:30-3:00pm	15	<b>Keys to Employment</b> 6-7pm	<b>Community Meeting</b> Starts at 5:15pm  Kids Activities Available	<b>Nutrition on a budget:</b> school lunches @4:15 <b>Cooking w/Kids:</b> Garden Salsa 5-6pm	12-3pm
	21	<b>Dance Workout</b> 6:30-7pm <b>Chair Yoga</b> 7-7:30pm	23	24	<b>Count on Dad</b> *school supplies provided* 6-7pm	
	<b>SJFMC Presents:</b> Healthy Moms, Healthy Babies 3-4pm	<b>SNAP</b> 10-12pm <b>AmeriKick Presents:</b> <b>Cardio Kickboxing</b> Starts at 6pm 	<b>Keys to Employment</b> 6-7pm	<b>SNAP</b> 10-12pm	<b>Computer Lab Resources</b> Rosetta Stone Kaplan GED Study Guide <b>Employment Specialist</b> Available Call for an Appointment	



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A Program of Family Service Association Funded Through the County of Atlantic by the New Jersey Department of Children and Families



# Start a New Day for a Better Tomorrow

August 2017

**Daily Garden Time-** Interested in gardening? Stop by during our garden time.

**Computer Lab-** Homework? Job searching? Our computer lab is open during business hours.

**Community Meeting** – Would you like to be the voice for your community? New Day FSC is looking for community members to help come up with ideas and activities for upcoming events at New Day FSC.

**Chair Yoga** – Need some peaceful relaxing yoga in your life? This is a 30-minute low intensity session.

**Dance Workout** – Ready to sweat? Come out for a 30-minute workout! Don't forget your water bottle!

**Crochet and Knitting Circle** –All experience levels are welcome! We have instructor's onsite to help out.

**Senior Social** – Join us for lunch and some fun with bingo!

**Community Social** – Join us for some coffee, snacks, and conversation.

**Cardio Kickboxing** – AmeriKick is partnering with New Day to bring in a great workout.

**SNAP** – A representative will be on site to answer questions and apply/reapply you for food stamps.

**Rosetta Stone** – Come learn Spanish or English at your own pace. All skill levels welcome.

**Girl Empowerment Camp** – For ages 8-12. Join us for an empowering week filled with diverse self-esteem and social activities.

**Healthy Moms, Healthy Babies** – South Jersey Family Medical is doing an informative presentation on how moms can stay healthy.

**Count on Dad**– Join us to learn about the importance of the Fatherhood role in back to school.

**Nutrition on a Budget: School Lunches**– Come learn about how to prepare healthy school lunches on a budget

**Cooking with Kids: Garden Salsa** – Join us to learn how to make salsa with ingredients fresh from our garden!

**Keys to Employment** – Do you need help with your resume or finding a job? Come meet with our employment specialist!

**Volunteering** - Volunteers are one of New Day's most valuable assets. Volunteering allows you to invest in your community, increase your personal sense of self-worth and general well-being, gain personal satisfaction and leadership experience, and make an impact within your community. New Day Family Success Center volunteers are of all ages and from different walks of life. Please call for more info.