



416 Sicklerville Rd, Sicklerville
(856) 513-8829

MARCH

Walk-In Hours
M W F 11am—5pm
Tu Th 11am—7pm
Some Saturdays

Open to all and ALWAYS
FREE!

fsc Camden@gmail.com
www.orchardsfsc.org

Mon	Tues	Wed	Thurs	Fri	Sat
Every Monday A.C.C.E.S.S. 11am - 2pm			1 LIHEAP Application Assistance 5pm-7pm ----- ESL 5:30pm - 6:30pm	2 Healthcare App. Help 11am - 5pm ----- Line Dancing 3:30pm - 4:30pm	3 Zumba 10am - 11am <i>*Off premises</i> 242 Sicklerville Rd
5	6 Healthcare App. Help 1:30pm - 5pm ----- The ABC's of Starting A Small Business 5:30pm—7pm	7 Beginner's Yoga 4pm - 5pm	8 Family Crafts 5:30pm - 7pm	9 Line Dancing 3:30pm - 4:30pm	10 Active Parenting Seminar 10am-1:30pm <i>*Lunch provided</i>
12	13 Healthcare App. Help 1:30pm - 5pm ----- Ladies Night In PAINT PARTY 5:30 - 7 pm	14 Rosetta Stone Eng., Span., Ital. 3:30pm - 5pm	15 Eating Healthy on a Budget 5:30pm - 6:30pm	16 Healthcare App. Help 11am - 5pm ----- Line Dancing 3:30pm - 4:30pm	17
19	20 Healthcare App. Help 1:30pm - 5pm ----- Create Your Own Tutu 5 - 7 pm ----- Eldercare 5:30pm - 7pm	21 Beginner's Yoga 4pm - 5pm	22 Taking Care of Ourselves 5:30pm - 7pm	23 Healthcare App. Help 2pm - 5pm ----- Line Dancing 3:30pm - 4:30pm	24 Zumba 10am - 11am <i>*Off premises</i> 242 Sicklerville Rd
26	27 Healthcare App. Help 1:30pm - 5pm ----- Family BINGO 5pm - 6pm	28	29 Family Cooking 5:30pm - 6:30pm ----- Healthy Relationships 5pm - 6pm	30 CENTER CLOSED	31

Center Highlights

Eating Healthy on a Budget: Come out for an informational workshop on how to shop healthy and stay within your budget!

The ABC's of Starting A Small Business: Learn the details of starting your own business!

LIHEAP Application Assistance: Meet with a LIHEAP representative to complete your LIHEAP application for utility bill assistance!

Classes De ESL Gratis! / FREE Conversational ESL: Estamos ofreciendo clases gratuita de conversacion en Ingles como Segundo Idioma. Registre para asistir a nuestra clase para practicar su habilidades. / Join our FREE Conversational ESL class to practice speaking English and to advance your

Seminars/Classes

ACCESS: Access to Computers, Create, Explore, Seek & Succeed. Every Monday, open access to computers for resume & job searching. One-on-one resume by appointment only.

Healthcare Application Help: Meet with a Healthcare Navigator to apply for health insurance for you & your family!
*Please call for instructions on how to register.

Eldercare Series: Come learn information & ask questions with professionals! Example topics include Advanced Directives, Living Wills, Healthcare Proxies, Assisted Living vs. Nursing Homes, & much more!

Ladies Night In: Calling all ladies! Join us as we take time to relax & unwind with adult crafts!

Taking Care of Ourselves: How do you practice self-care? Tips and tricks to taking the best care of ourselves!

Family Activities

Family Bingo: A fun & interactive workshop to win prizes and have fun with family bingo!

Family Zumba: A fun exercise class that makes getting fit an enjoyable experience, for ages 8 & up! *Off premise at 242 Sicklerville Road, Sicklerville. (Back of CCU Daycare Building).

Family Crafts: A fun & interactive workshop for families to work together on creative crafts!

Beginners Family Yoga: Learn basic poses & techniques—breathe, balance, relax & increase flexibility. Ages 8 and up are welcome to attend. Led by a certified instructor!

Always Available

Computer Stations - Stop in anytime during our open hours to use our computers. Free access available to GED/SAT/ACT prep programs, basic typing programs, Rosetta Stone language learning and tutoring computer programs are always available for your use.

Resources - Call, email or come in for any resources.

Volunteering - Want to share your time or talents? Learn more about all the wonderful volunteer