



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

Open to all and ALWAYS FREE!

[fsc Camden@gmail.com](mailto:fsc Camden@gmail.com)  
[www.orchardsfsc.org](http://www.orchardsfsc.org)

Mon	Tues	Wed	Thurs	Fri	Sat
Every Monday <b>A.C.C.E.S.S.</b> 11am - 2pm	1 Healthcare App. Help 1:30pm - 5pm	2 <b>Beginner's Yoga</b> 4pm - 5pm	3 <b>Conversational ESL</b> 5:30pm - 6:30pm	4 Healthcare App. Help 2pm - 5pm ----- <b>Line Dancing</b> 3:30p - 4:30p	5 <b>Zumba</b> 10am - 11am <i>*Off premises</i> 242 Sicklerville Rd
7	8 Healthcare App. Help 1:30pm - 5pm ----- <b>Ladies Night In Tea Party</b> 5:30pm - 7pm	9 Rosetta Stone Eng., Span., Ital. 3:30pm - 5pm	10 <b>Buying A Home</b> 5:30pm - 7pm	11 <b>Center Closed</b>	12 <b>Zumba</b> 10am - 11am <i>*Off premises</i> 242 Sicklerville Rd
14	15 Healthcare App. Help 1:30pm - 5pm	16 <b>Beginner's Yoga</b> 4pm - 5pm	17 <b>Celebrating MOMS: Mom/Child Crafts</b> 5:30pm - 7pm	18 Healthcare App. Help 2pm - 5pm ----- <b>Line Dancing</b> 3:30p - 4:30p	19 <b>Active Parenting Breakfast &amp; Lunch Provided</b> 10am - 3pm
21	22 Healthcare App. Help 1:30pm - 5pm ----- <b>Family Game Night</b> 5:30pm	23 Rosetta Stone Eng., Span., Ital. 3:30pm - 5pm	24 <b>Atlantic City Electric Workshop</b> 5pm-7pm	25 Healthcare App. Help 11am - 5pm ----- <b>Line Dancing</b> 3:30p - 4:30p	26
28 <b>Center Closed</b>	29 Healthcare App. Help 1:30pm - 5pm	30 <b>Pregnancy &amp; Parenting Group - Jewelry Making</b> 11:30am—1pm	31 <b>Family BINGO</b> 5pm - 6pm ----- <b>Eldercare</b> 5:30pm - 7pm		



## Center Highlights

**Celebrating MOMS!**: Bring the family out for an evening to celebrate MOMS with family crafts!

**Home Buying:** Take control of your future and discover the best way to go about buying a home!

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

### 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!

### 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!

**Pregnancy & Parenting Group:** A fun & interactive workshop to meet local parents, de-stress, swap stories & advice and learn new things from a professional Doula! Topics discussed include nutrition, financial planning, family games, gardening and much more. The whole family is welcome, activities for all ages.

### 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