

# May 2023



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Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><b>May is Mental Health month</b></p>	<p>2</p> <p><b>Volunteer Interest Meeting</b> 2 pm &amp; 5 pm</p> <p><b>VOLUNTEERS WELCOME</b></p>	<p>3</p> <p><b>Salem Community College Information Session</b> 3 pm</p> <p><a href="#">Spring Cleaning Tips Link</a></p>	<p>4</p> <p><b>BINGO</b> 4 pm via Zoom &amp; In Person Girl Scouts 5 pm</p>	<p>5</p> <p>Cinco De Mayo</p> <p><b>National Nurses Week Begins</b></p>	<p>6</p> <p><b>OUR NURSES, OUR FUTURE</b> We have a token of appreciation for those in Nursing. Stop by during business hours! 5/5 - 5/12 (While Supplies Last)</p>
<p>8</p> <p><b>Resume &amp; Cover Letter Assistance</b> 2 pm</p> <p><a href="#">Quick Meal Ideas Link</a></p>	<p>9</p> <p><b>SNAP-Ed: Just Say Yes</b> 4 pm</p>	<p>10</p> <p><a href="#">Fun Facts For Kids Link</a></p>	<p>11</p> <p><b>Mother's Day Tea &amp; Paint Night</b> 4:30 pm</p> <p>(NO CHILDREN PLEASE)</p>	<p>12</p> <p><b>PCAB Interest Meeting</b> 1 pm &amp; 3 pm</p> <p><b>National Nurses Week Ends</b></p>	<p>13</p> <p><b>Join Us At Dunn's Park For The Garden Mart</b> 9am-2pm ALL ARE WELCOME</p>
<p>15</p> <p><b>Resume &amp; Cover Letter Assistance</b> 2 pm</p> <p><a href="#">Crock Pot Meal Ideas Link</a></p>	<p>16</p> <p><b>Paper Frog Craft</b> 5 pm In Person &amp; Zoom</p>	<p>17</p> <p><b>Southwest Council: Stress: Eating &amp; Exercise Patterns</b> 4 pm via Zoom</p>	<p>18</p> <p><b>DIY Family Dessert Night</b> 5 pm</p> <p>Girl Scouts 5 pm</p>	<p>19</p> <p><b>Volunteer Interest Meeting</b> 1 pm &amp; 3 pm</p> <p><a href="#">Self-Care Tips Link</a></p>	<p>20</p> <p><b>Join Us At The Salem Family Festival</b> 11am-3pm ALL ARE WELCOME</p>
<p>22</p> <p><b>Car Maintenance for Summer</b> 4 pm via Zoom</p> <p><a href="#">Family Craft Ideas Link</a></p>	<p>23</p> <p><b>SNAP-Ed: Just Say Yes</b> 4 pm</p>	<p>24</p> <p><b>Computer Basics</b> 2 pm</p> <p><a href="#">Self-Care Tips Link</a></p>	<p>25</p> <p><b>Memorial Day Craft</b> 5 pm</p> <p><a href="#">DIY Craft Ideas Link</a></p>	<p>26</p> <p><a href="#">Fun Fitness Link</a></p>	<p>27</p>
<p>29</p> <p><b>Closed In Observance Of Memorial Day</b></p>	<p>30</p> <p><b>BINGO</b> 5 pm In Person Only</p> <p><a href="#">Family Game Night Ideas Link</a></p>	<p>31</p> <p><b>Southwest Council: Stress and the Chemical Dependency Cycle (Drugs and Alcohol)</b> 4 pm via Zoom</p>	<p>Like us on <b>facebook</b></p>	<p>Symbols of May: Birthstone: Emerald Flower: Hawthorn or Lily of the Valley Zodiac: Taurus &amp; Gemini</p>	<p><b>Center Hours:</b> Mon, Wed &amp; Fri: 11am-5pm Tues &amp; Thurs: 11am-7pm</p>

# Center Highlights:

## May is Mental Health Month:

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. It's important to remember you are not alone. It's okay to not be okay.



## Resume & Cover Letter Assistance:

Increase Your Chances of Landing a Dream Job with a Compelling Resume and Cover Letter.

## ESL:

Teacher-led, interactive, language education program that teaches English to students who speak a different language. ESL focuses on increasing the listening, speaking, reading, grammar and writing skills of the students.

**Monday, Tuesday & Wednesday**  
**Virtual**  
**3pm - 6:30 pm**

**Thursday**  
**In person**  
**5pm - 6:30 pm**

**Friday**  
**In person**  
**11 am - 2 pm**



## In-Person Activities:

### Salem Community College Information Session:

A staff professional from SCC will be present to give course information and updates for the upcoming semester. ALL ARE WELCOME!

### Mother's Day Tea & Paint Night:

Join us as we celebrate YOU!

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

Space is limited. Registration required!  
**NO CHILDREN PLEASE**

## Volunteer Interest Meeting:

**BECOME A VOLUNTEER!**

**WE NEED YOU, YES YOU!**

That moment when you forget you're volunteering to help change lives because it's changing yours!

**MAKE A DIFFERENCE, GET INVOLVED!**

We are always looking for new volunteers! We appreciate every helping hand we can get!

## Car Maintenance Tips for Summer:

### 12 Tips To Beat The Heat



**Center Hours:**

**Mon, Wed & Fri:**

**11am-5pm**

**Tues & Thurs: 11am-7pm**

**Some Saturdays**



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