

Mon	Tues	Wed	Thurs	Fri	Sat
  <p><i>Our 2nd Annual Health and Heroes Event is                  June 9th at The Riverview Beach Park from 12-3!!</i></p>					1  <b>Fun With Fishing</b>  10:00-12:00
3  <b>Resume Tips</b>  12:00-2:00	4  5 <b>Quit Smoking Information Session</b> 11:00-12:00 <hr/> <b>Kiddie Camp Caterpillar Craft</b> 12:00-1:30	6  <b>Family Movie Night &amp; Frozen Treats</b>  5:00-6:30	7	8	
10	11 <b>Music Makers</b> 11:00-12:00 <hr/> <b>Low Carb Cooking Class</b> 5:30-6:30	12 <b>Electric/ Gas Assistance</b> 11:00-2:00 <hr/> <b>Quit Smoking Group Session</b> 11:00-12:00	13  <b>Super Hero Dad's</b>  5:30-6:30	14  <b>Flag Day Craft</b>  3:30-4:30	15
17	18  <b>Feel Good Fusion</b>  5:30-6:30	19 <b>Quit Smoking Group Session</b> 11:00-12:00 <hr/> <b>Kiddie Camp Caterpillar Craft "Two"</b> 12:00-1:30	20 <b>Music Makers</b> 11:00-12:00 <hr/> <b>Gentle Yoga &amp; Meditation</b>  5:45-7:00	21 <b>Keep Calm and Camp On</b> 11:00-12:30 <hr/> <b>Veteran's Services</b>  1:00-3:00	22
24  <b>Career Explorers</b>  12:00-2:00	25  <b>Safely Home</b>  5:30-6:30	26  <b>Quit Smoking Group Session</b>  11:00-12:00	27  <b>Candy Bar Bingo</b>  5:30-6:30	28  <b>Keep Calm and Camp On</b>  11:00-12:30	29



Walk-In Hours  
M, W, F 11am—5pm  
Tu, Th 11am—7pm  
Some Saturdays  
Open to all and ALWAYS FREE!

364 S. Broadway, Pennsville

(856) 517-9100

## Center Highlights

**Fun with Fishing:** The Ike Foundation is back!! We will meet at the Riverview Beach Park (main parking lot) for some fishing fun. Instructions and supplies provided. Must register!

**Super Hero Dad's :** Calling all Superhero's, in honor of Father's Day, come out and celebrate with us. Wear your favorite superhero cape or costume and enjoy a fun fathers day activity and a Super Dinner.

**Safely Home:** Come join us for this free workshop ran by the Youth Advocate Program. This workshop will focus on statewide changes to the Juvenile Justice System. Learn about available resources in the community to assist when your child is faced with the legal system for the first time.

**Gentle Yoga & Meditation:** If you think you "can't meditate" or "can't do Yoga" this class is for you! You will spend the first 40 minutes with Danna exploring the fundamentals of Yoga with foundational postures and breathing exercises. During the last 20 minutes she will introduce you to Easy Meditation. It's the perfect way to relax into Summer!

**Keep Calm and Camp On:** Join us for our fun summer programming every Friday!! Each workshop we will have a fun summer activity.

## Seminars/Classes

**Resume Tips:** Get help with your resume! Templates and proof reading available.

**Career Explorers:** Come in and check out the local job listings hiring in our area. Assistance with job applications.

**Healthcare Navigator:** Sign up for FREE health insurance or stop by to gain more information.

**Veteran's Services:** Veteran's can speak to a professional to find out what services they are eligible for...housing assistance, energy assistance, benefit information, or any other questions.

**Quit Smoking Info Session:** Learn about Inspira's FREE quit smoking program. We will be offering groups and assessments at the center following this session. Please register, we need at least 5 people to hold this class.

## Always Available

- **Computer Stations:** Stop in anytime we are open! GED/SAT/ACT prep, Basic typing, Rosetta Stone, and tutoring software are always available for your use. FREE printing, faxing, copying
- **Resources:** Call or come in for any resources
- **Volunteering:** Want to share your talents? Learn more about all the wonderful volunteer opportunities we have to offer at the center.

## Family Activities

**Music Makers:** Come & make music with your children!! Ages: 0-4 years old. Sing, dance, play instruments and more in this exciting, free class.

**Candy Bar Bingo:** Open to everyone!! Play some fun bingo and win candy!!

**Feel Good Fusion:** Beginners welcome! Mix of Pilates and yoga! Just more active.

**Low Carb Cooking Class:** Whip up some low carb tasty foods in this hands on cooking class.

**Flag Day Craft:** Make your own flag to celebrate flag day!!

**Family Movie Night and Frozen Treats:** Movie will be announced on Facebook or you can call the center. We will have a variety of frozen treats for all to enjoy!!

**Kiddie Camp:** Parents/Caregivers bring your tots out for a fun learning activity that helps with fine gross motor skills and cognitive learning.

## **2ND ANNUAL HEALTH AND HEROES EVENT** **SUNDAY, JUNE 9TH FROM 12:00-3:00 AT** **THE RIVERVIEW BEACH PARK**

Tours of emergency response vehicles, Live DJ, games, dancing, basketball activity, yoga sessions, resources and demonstrations. ALL FOR FREE!!

FREE FOOD FROM SGT. BOB'S BBQ featuring grilled chicken, pulled pork, mac and cheese, and more!!