



Oceanside II Family Success Center  
 3201 Atlantic Avenue, Atlantic City, NJ 08401  
 609-594-4990  
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[oceanside2fsc.org](http://oceanside2fsc.org)  
[facebook.com/oceanside2familysuccesscenter](https://facebook.com/oceanside2familysuccesscenter)  
[instagram.com/oceanside2\\_fsc/](https://instagram.com/oceanside2_fsc/)

# January 2025

Center is open:  
 Mon., Wed., Thur. & Fri.: 11-5  
 Tue.: 10-6  
 Select Saturdays

| MON.  | TUES.  | WED.   | THURS.  | FRI.  | SAT.  |
|---|--|--|---|---|---|
| <p>EVERYTHING IS<br/>FREE &amp; OPEN TO ALL!</p>  <p>Like us on Facebook<br/>Oceanside 2 Family<br/>Success Center</p>  |  | <p>1</p>  <p>CLOSED</p> | <p>2</p> <p><u>Yoga</u><br/>11:30-12:30</p>   | <p>3</p> <p><u>Around the World:</u><br/><u>Jamaica</u><br/>3:30-4:45</p> | <p>4</p> <p><u>Computer</u><br/><u>Literacy Class</u><br/>11-12</p> <p><u>Qigong</u><br/>12:15-1:15</p> |
| <p>6</p>  | <p>7</p> <p><u>Jiu Jitsu</u><br/><u>Self-Defense</u><br/>4-5</p>   | <p>8</p> <p><u>Toddler Time</u><br/>3:30-4:30</p>  | <p>9</p> <p><u>Yoga</u><br/>11:30-12:30</p>   | <p>10</p>   | <p>11</p> <p>CLOSED</p>   |
| <p>13</p> <p><u>One Stop for</u><br/><u>Employment and</u><br/><u>Training</u><br/>12-3</p>   | <p>14</p> <p><u>Diabetes Prevention</u><br/><u>Group</u> 1-2</p> <p><u>Lego Group</u><br/>4:30-5:30</p>  | <p>15</p> <p><u>Zumba: Burn It Up!</u><br/>3:45-4:45</p>   | <p>16</p> <p><u>Yoga</u><br/>11:30-12:30</p> <p><u>Family Art Club</u><br/>3:30-4:30</p>  | <p>17</p>   | <p>18</p> <p>Office Hours<br/>by<br/>Appointment Only</p>   |
| <p>20</p>   <p>CLOSED</p>  | <p>21</p> <p>Parent &amp; Community<br/>Advisory Board (PCAB)<br/>Meeting 2-3</p> <p><u>Computer Literacy</u><br/><u>Class</u> 4-5</p>   | <p>22</p> <p><u>Homebuying Class</u><br/><u>with Hans Mollins</u><br/><u>(in English)</u><br/>3:30-5</p> | <p>23</p> <p><u>Yoga</u><br/>11:30-12:30</p> <p><u>Homebuying Class</u><br/><u>with Hans Mollins</u><br/><u>(in Spanish)</u><br/>3:30-5</p> | <p>24</p>   | <p>25</p> <p>CLOSED</p>   |
| <p>27</p> <p><u>One Stop for</u><br/><u>Employment and</u><br/><u>Training</u> 12-3</p> <p><u>Lotería</u><br/>4-5</p>   | <p>28</p> <p><u>Journaling, Bees, &amp;</u><br/><u>Bath Salts for New &amp;</u><br/><u>Expecting Moms</u> 1-2</p> <p><u>Homework Completion</u><br/><u>Program</u> 3:30-4:30</p> | <p>29</p> <p><u>Family Cooking</u><br/><u>Matters</u><br/>3:30-4:30</p>                                  | <p>30</p> <p><u>Yoga</u><br/>11:30-12:30</p> <p><u>Homework Completion</u><br/><u>Program</u> 3:30-4:30</p>                                 | <p>31</p>   |   |

**\*Registration is Required for PC appointments, Giveaways & Workshops!!\***



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## Center Highlights

Journaling, Bees, & Bath Salts for Expecting Moms - Join us to make beehive-themed journals that you can fill with art and thoughts during and after your pregnancy. Participants will also be able to make herbal bath salts for extra soothing baths, and will go home with nutrition resources. At the workshop, we'll be raffling off one jar of locally-produced honey and one NutriBullet blender. Sponsored by C.R.O.P.S.

Around the World - Travel around the world by creating a STEM-themed project based on a different culture each month! Open to kids (8+ years old) and their families. January is for Jamaica! Sponsored by Exelon.

Jiu Jitsu Self-Defense - Learn practical techniques to defend against potentially dangerous real world situations. Open to ages 12 and up. Wear comfortable workout attire. Sponsored by Chelsea Economic Development Corporation.

Family Cooking Matters - Join a Community Food Bank of NJ nutrition educator and bring the whole family out for a fun hour of cooking together!

Lego Group - Open to children 7+ years old. Working individually and in small groups, children will build various models using LEGO® bricks and learn social-emotional skills.

Homework Completion Program - The program offers a period of quiet homework time with Stockton University students. The primary goal is to engage youth in their schoolwork and offer them a vision into the potential of a future college education.

## Always Available

Computer Stations: Stop in anytime we are open!

Computers are always available for your use.

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.

## Seminars/Classes

Parent & Community Advisory Board (PCAB) - PCAB serves as a voice for the community. It advises Oceanside II FSC in the choices of programs, initiatives, and activities for families. Public is invited to attend the PCAB meetings and apply to join the PCAB. Youth are welcome! Please contact Oceanside II FSC staff for additional information.

Computer Literacy classes - Learn necessary computer skills for the digital age. Sponsored by Chelsea Economic Development Corporation.

Qigong - Reduce stress, improve balance and flexibility, heal body, mind and spirit through Qigong practice.

One Stop for Employment and Training - Atlantic County Workforce Development Office will provide job assistance, training, resume and job interviewing support as well as youth services.

Diabetes Prevention Group - Southern Jersey Family Medical Center will facilitate an in-person Diabetes Prevention group where you can learn the best ways to prevent or manage your diabetes.

## Family Activities

Yoga - Join us for easy, family-friendly (10+ years old) yoga exercises to calm your mind and strengthen your body.

Zumba: Burn It Up! - Join us for everyone's favorite dance party! This Zumba Nintendo Switch party brings the fun to fitness with high-energy routines and hip-shaking jams.

Toddler Time - Join childhood specialist from Southern Jersey Perinatal Cooperative for a fun activity and story time! Bring your toddlers out (up to age 4) and meet other parents!

Loteria - Come and join us for a fun night of traditional Lotería! Light refreshments will be provided and winners will pick a prize!

Family Paint Party - Join us for a relaxing afternoon and create a lovely painting! Invite a friend, neighbor, and family to paint with you or come in by yourself. Everyone is welcome! Sponsored by the Noyes Art Garage at Stockton University.

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**FAMILY**  
SUCCESS CENTER  
OCEANSIDE II