



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

Open to all and ALWAYS FREE!

atlanti-

3201 Atlantic Ave, Atlantic City (609) 594-4990

(609) 59	4-4990		coceanside2@gmail.com		
Mon	Tues	Wed	Thurs	Fri	Sat
*=Weather Permitting **Presented By: The Women's Center Home to Work Program/ This is a Displaced Homemaker Service			1 ESL Graduation 5:30PM-7PM	2	3 CLOSED
5 *Walking Club 11:30AM-12:30PM	6 ESL Pre-Test 5:30PM-7PM Health Care App Assistance 4:00PM-7:00PM	7 *Vvaiкing Club 11:30АМ-12:30РМ	8 Renters Rights 101 5:30PM-7PM	9 Crochet Circle 11:30AM-12:30PM	10 Tai Chi 11:30A-12:30P
12 *Walking Club 11: 30AM -12:30PM	13 ESL Class 5:30PM-7PM Health Care Application Assistance 4:00PM-7:00PM	14 *Walking Club 11:30AM-12:30PM	15 Family Movie Night 5:00PM-7PM "Coco"	16 St. Patty's Day Cupcake Wars 3:30-5PM	17 CLOSED
19 **Resume & Job Search Info Session 11AM-2PM *Walking Club 11:30AM-12:30PM	20 ESL Class 5:30PM-7PM Health Care Application Assistance 4:00PM-7:00PM	21 *Walking Club 11:30AM-12:30PM	22 Women's Self Defense 5:30PM-7PM	23 Crochet Circle 11:30AM-12:30PM	For the Love of Family: Active Parenting 10:00A-1:30P
26 *Walking Club 11:30AM-12:30PM	ESL Class 5:30PM-7PM Health Care Application Assistance 4:00PM-7:00PM	28 *Walking Club & Smoothie Creation 11:30AM-1:30PM	29 Pictures with the Easter Bunny& Easter Egg Hunt! 5:00PM-7:00PM	30	31 CLOSED





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Center Highlights

For the Love of Family: Active Parenting: A free parenting course for parents of children ages 0-17, with <u>FREE</u> breakfast, lunch, and materials included! *First 15 registrants receive a free massage!

*Resume & Job Search Info Session:

With summer job opportunities right around the corner, now is the time to learn about effective job search strategies and online job search tools! Presented by: The Women's Center's Home to Work Program.

This is a Displaced Homemaker Service

Pictures with the Easter Bunny & Easter Egg Hunt: Bring out your little ones for a free picture with the Easter Bunny and a fun, Springthemed activity!

Renters Rights 101: Learn your legal rights as a renter! Come with questions for the professional rep from Legal Services of NJ!

Women's Self Defense: Learn how to defend yourself! A certified instructor will be coming out to show us the best self-defense & safety techniques! *This course is for adult women only*

Seminars/Classes

<u>Crochet Circle:</u> Are you interested in learning how to crochet? Join us and create your own accessories!

ESL (English as a Second Language): A beginner's course. Language-Learning Computer Programs also available during walk in hours!

<u>Health Care Application Assistance:</u> Get one-on-one assistance with your healthcare application with an expert Healthcare Navigator.

<u>Tai Chi:</u> Enhance your overall health with beginner's Tai Chi. A great way to de-stress and unwind!

Family Activities

St. Patty's Day Cupcake Wars: Let's see who has the luck of the Irish in our first ever St. Patty's Day Cupcake Wars! Design your very best cupcake and present it to the judges to win the ultimate prize!

<u>Walking Club:</u> Join us as we brave the cold and take steps on the journey to better health! We'll take a three-mile walk together on the boardwalk, and return to the center for some light refreshments.

<u>Family Movie Night:</u> Bring out the whole family for some free movie fun as we enjoy popcorn and the Disney & Pixar Movie, "Coco"!

Always Available

<u>Computer Stations</u>: Stop in anytime we are open! GED/SAT/ACT prep. Basic typing, Rosetta Stone, and tutoring software 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.



