


Oceanside II Family Success Center
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facebook.com/oceanside2familysuccesscenter
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August 2024

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.
<div><p>EVERYTHING IS FREE & OPEN TO ALL!</p></div> <div><div>Like us on Facebook</div><div>Oceanside 2 Family Success Center</div><div></div></div>			1 <u>Create with Clay!</u> 11-12	2 <u>Yoga</u> 11:30-12:30	3 CLOSED
5 <u>Spanish as a Second Language</u> 11-1 <u>Let's Catch Up on Routine Vaccines</u> 2:30-3:30	6 <u>2 Eat, Play, Live</u> 11:30-1	7 <u>2 Eat, Play, Live</u> 11:30-1 <u>Pokémon Club</u> 3:45-4:45	8 <u>One Stop for Employment and Training</u> 12-3 <u>Park & Playground Fun</u> 1:30-3	9 <u>Yoga</u> 11:30-12:30 <u>Teen Time</u> 3:30-4:30	10 CLOSED
12 <u>Spanish as a Second Language</u> 11-1 <u>Qigong</u> 2-3	13 <u>2 Eat, Play, Live</u> 11:30-1 <u>Keeping a Healthy Home</u> 2-3	14 <u>2 Eat, Play, Live</u> 11:30-1	15 <u>Back to School Bash!</u> <u>*Uptown School*</u> 12-2 <u>Family Paint Party</u> 3-4:30	16 <u>Yoga</u> 11:30-12:30	17 CLOSED
19 <u>Spanish as a Second Language</u> 11-1	20 <u>2 Eat, Play, Live</u> 11:30-1 Parent & Community Advisory Board (PCAB) Meeting 2-3 <u>Lotería</u> 5-6	21 <u>2 Eat, Play, Live</u> 11:30-1 <u>Zumba: Burn It Up!</u> 3:45-4:45	22 <u>One Stop for Employment and Training</u> 12-3	23 <u>Yoga</u> 11:30-12:30 <u>Teen Time</u> 3:30-4:30	24 CLOSED
26	27 <u>2 Eat, Play, Live</u> 11:30-1 <u>Diabetes Prevention Group</u> 1-2	28 <u>2 Eat, Play, Live</u> 11:30-1	29 <u>Games Galore</u> 12-1	30 <u>Yoga</u> 11:30-12:30	31 <u>Journaling with J&D</u> 2-3

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

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Center Highlights

Back to School Bash – It's Back to School Time! Join us at the Uptown School in Atlantic City for FREE school supplies, resources, games, food & much MORE!!!

2 Eat. Play. Live – This program is for children ages K-6 and their families. It will promote a fun and active lifestyle, wellness and mental health. Children will express their creativity, build social and emotional skills, and parents will have the opportunity to meet with organizations to help them understand, support and address their children's well-being for long term development and advancement. Regular program attendance is encouraged. Space is limited.

Journaling with J&D – A safe place where we will discuss several different methods to self care and the benefits of Journaling.

Create with clay! – Each person will roll out, cut, and decorate a fish ornament. Using letters, stamps and other tools each person can create a unique design. When fired these will be suitable for wall art or to hang outside or in a garden.

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.

Park & Playground Fun – Meet us at the O'Donnell Memorial Park for some playground fun. We will bring the games and snacks. Be sure to apply sunscreen and bring bottled water!

Keeping a Healthy Home – Learn about what a Healthy Home looks like and how you can adopt these tools for your home! Discuss the ins and outs of how to protect your home from things like contaminants, pollutants, and hazards. All attendees who complete the workshop will receive a Healthy Home bag to start their Healthy Home transition! Presented by the Southern New Jersey Perinatal Cooperative.

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

Let's Catch Up on Routine Vaccines – We all need vaccinations to help protect us from serious diseases. Join us to discuss what the updated recommendations are for children and adults and where you can go to get vaccinated.

Spanish as a Second Language – Let's learn Spanish! Students will learn to read, write, and speak Spanish through games, songs, and lots of practice. Classes are taught by a native speaker.

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

Games Galore – Escape summer heat and humidity. Spend quality time completing puzzles, sudoku, crosswords, or playing dominos and other games with your neighbors!

Lotería – Come and join us for a fun night of traditional Lotería! Light refreshments will be provided and winners will win a free giveaway!

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!

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

Teen Time – This activity is open to youth 14+ years old. Come in to play table tennis and socialize with other teens. Signed parent permission form is required for attendance if not accompanied by an adult.

Pokémon Club – Join us to talk about your favorite Pokémon, trade cards, enjoy games and snacks.

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.

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