




Oceanside II Family Success Center  
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# July 2024

**Center is open:**  
 Mon., Wed., Thur. & Fri.: 11-5  
 Tue.: 11-7  
 Select Saturday

MON.	TUES.	WED.	THURS.	FRI.	SAT.
1 <u>Spanish as a Second Language</u> 11-1 <u>Sun Guard Your Skin</u> 2:30-3:30	2 <u>Diabetes Prevention Group</u> 1-2	3 <u>Pokémon Club</u> 3:45-4:45	4  CLOSED	5 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30	6 CLOSED
8 <u>Spanish as a Second Language</u> 11-1 <u>Qigong</u> 2-3	9 <u>Create Clay Self-Portrait</u> 11-12  <u>Volunteer info session</u> 5-6	10	11 <u>One Stop for Employment and Training</u> 12-3  <u>Park &amp; Playground Fun</u> 1:30-3	12 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30  <u>Teen Time</u> 3:30-4:30	13 CLOSED
15 <u>Spanish as a Second Language</u> 11-1  <u>Volunteer info session</u> 2-3	16 <u>Parent &amp; Community Advisory Board (PCAB) Meeting</u> 2-3  <u>Lotería</u> 5-6	17 <u>Zumba: Burn It Up!</u> 3:45-4:45	18 <u>Girl Scouts</u> 11-12  <u>Family Paint Party</u> 3-4:30	19 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30  <u>Volunteer info session</u> 1-2	20 CLOSED
22 <u>Spanish as a Second Language</u> 11-1	23 <u>Community Action Forum</u> 12-1:30	24 <u>Games Galore</u> 12-1	25 <u>One Stop for Employment and Training</u> 12-3  <u>Park &amp; Playground Fun</u> 1:30-3	26 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30  <u>Teen Time</u> 3:30-4:30	27 <u>Daddy Daughter Dance</u> 3-5 **off-site event**
29 <u>Spanish as a Second Language</u> 11-1	30 <u>Diabetes Prevention Group</u> 1-2	31 <u>Family Storytime "Paletero Man"</u> 2:30-3:30	<div> OCEANSIDE II</div> <div>EVERYTHING IS FREE &amp; OPEN TO ALL!</div> <div></div> <div>Like us on Facebook <u>Oceanside 2 Family Success Center</u></div>		

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



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Select Saturdays

## Center Highlights

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.

Create Clay Self-Portrait - MudGirls Studios will conduct a one hour clay class where participants will learn how to create self portraits out of clay, starting with a flat round head shape and adding lips, ears, nose mouth hair, expressions, etc. A fun family activity!

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.

Volunteer Info Sessions - Oceanside II Family Success Center is looking for dedicated individuals to join us in our mission to make a positive impact in our community. If you have a passion for helping families and want to make a meaningful difference in your community, we want to hear from you!

Community Action Forum - The goal of the forums is to hear from people about the specific needs of their community with the goal of influencing legislation, funding, and key action in the state of NJ. The theme of this community forum is "Positive Youth Development & Strong Transitions to Adulthood." Each participant in the forum will be given a \$30 gift card. Presented by the Family Success Institute (FSI).

Daddy Daughter Dance - Calling ALL dad's/father figures and daughters to join us for music, giveaways, food, fun and great memories!

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!

Family Storytime "Paletero Man" - Bring your children to read with us the book "Paletero Man" by the author Lucky Díaz. Afterwards the children will draw popsicles and share their thoughts of what they learned from the book.

## 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

Sun Guard Your Skin - Learn about the dangers of the sun's ultraviolet rays and what you can do to protect yourself.

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!

Meditation - Join us for the relaxing stillness and self-care with this guided meditation practice. Come and destress with us!

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.

Girl Scouts - Make a ECO friendly take-home mini-greenhouses.

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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**FAMILY**  
SUCCESS CENTER  
OCEANSIDE II