

April 2020



"The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances." -UNKNOWN

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Magic Show 9:00 – 9:30 AM Ask the Docs Webinar 12:00 – 1:00 PM	2 4-H Kitchen Science Hands on Experiments Middle Schoolers 3:00 – 4:00 PM	3	4
5	6 Kids Cooking Class Easiest Peanut Butter Cookies Ever 9:00 – 9:30 AM	7 4-H Yoga for Kids All Ages 3:00 – 4:00 PM	8 Financial Success in Troubled Times 9:00 - 9:30 AM	9 4-H Pet Care What to do if you find an Injured/Orphaned Wild Animal 3:00 – 4:00 PM	10	11 Relaxation Through Meditation 9:00 - 9:30 AM
12 	13 Teen Cooking Class Baked Egg Frittatas 9:00 – 9:30 AM	14 4-H Spring Garden Fun All Ages 3:00 – 4:00 PM	15 Kids Craft with Household Items 9:00 - 9:30 AM	16 4-H STEM Challenge Science Fun Middle Schoolers 3:00 – 4:00 PM	17 	18 What Every K-8 Student Needs to Know about Coronavirus 3:00 – 4:00 PM
19	20 Adult Cooking Class Slow Cooker BBQ Chicken 9:00 – 9:30 AM	21 4-H Cultural Exchange and Global Explorations Middle Schoolers 3:00 – 4:00 PM	22	23 4-H Garbage Art Create Art Inspired by Nature Middle Schoolers 3:00 – 4:00 PM	24	25 Relaxation Through Meditation 9:00 - 9:30 AM
26	27 	28 Cooking from the Pantry with your Family 3:00 – 4:00 PM	29	30 Small Animal Show and Tell All Ages 3:00 – 4:00 PM	VOLUNTEERS ARE NEEDED TO ASSIST WITH PROGRAMS! WANT TO HELP? CONTACT RIC @ (609) 261-5847 X3 	

**55 Pemberton -
Brown Mills Rd.
Browns Mills, NJ 08015
Phone: (609) 261-5847**

HOURS OF OPERATION:
Monday 10:00am-5pm
Tuesday 11am-7pm
Wednesday 10:00am-5pm
Thursday 11pm-7pm
Friday 10:00am-1pm

*Registration required for
most programs. See back >*

**All Activities and Programs
offered by the Center are
FREE and open to everyone.
JOIN US!**



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Facebook

www.PinelandsFSC.org

VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING AND YOUTUBE:

Ask the Docs Webinar (Zoom Video Conferencing) - This virtual 'Ask the Docs' webinar will address healthcare-related questions around the COVID-19 Pandemic. Participants will have an opportunity to talk with NJPRAC pediatric experts about specific challenges or concerns related to the virus.

Register Online: https://zoom.us/webinar/register/WN_ncW2f_OPT-C5f0gm51DY7g

Financial Success in Troubled Times (YouTube) - Join us in watching this informative video from one of our most dedicated facilitators, Tony Miehle, on basic steps you can take to be sure you and your family come out of these uncertain times on steady ground. To watch this class, search Pinelands Family Success Center on YouTube.

Kids Craft with Household Items (YouTube) - Pinelands FSC volunteer Madelyn will show us how to make a fun craft from things you likely have lying around the house. Let's get creative!

Magic Show (YouTube) - Jake the Magician is performing a Magic Show for us! Add a little fun to your day by watching Jake show us amazing tricks! To watch this show, search Pinelands Family Success Center on YouTube.

Relaxation Through Meditation (YouTube) - Meditation can reduce stress, ease anxiety, increase emotional health and more. Tune in to this meditation video to learn breathing techniques and how to quiet your mind. You'll be glad you joined us! To take part in this class, search Pinelands Family Success Center on YouTube.

Kids Cooking Class | Easiest Peanut Butter Cookies Ever (YouTube) - Ms. Michelle is a regular cooking facilitator at the Center who loves our families. She will run a series of cooking classes from her home kitchen! For this session, attendees will make the Easiest Peanut Butter Cookies Ever! *You will need:* one egg, one cup smooth peanut butter (can substitute other nut butters if there's an allergy), and one cup sugar. To watch video, search Pinelands Family Success Center on YouTube.

Teen Cooking Class | Baked Egg Frittatas (YouTube) – For this session Ms. Michelle will demonstrate how to make Baked Egg Frittatas. Participants will learn what a frittata is, how to properly chop veggies and what makes a balanced breakfast. *You will need:* 6 large eggs, 1/3 cup milk, salt & pepper, fresh ingredients such as chopped green onion, red pepper, broccoli, ham, bacon bits, tomatoes, mushrooms, spinach, etc., shredded cheese, and muffin cups (optional). To watch video, simply search Pinelands Family Success Center on YouTube.

Cooking for Adults | Slow Cooker BBQ Chicken (YouTube) – For this session Ms. Michelle will show participants how to make homemade BBQ sauce and use your slow cooker to make dinner prep easy! No worries, if you don't have a crock pot, this dish can be prepared conventionally as well. *You will need:* 4 Chicken Breasts, thighs, drumsticks, or whatever you can get your hands on, salt, 1 cup hot brewed coffee, 1 cup ketchup, 2 TBSP Worcestershire Sauce, 2 TBSP White, Red or Apple Cider Vinegar, 2 TBSP Maple Syrup, 1 TBSP melted butter. To watch video, simply search Pinelands Family Success Center on YouTube.

What Every K-8 Student Needs to Know About Coronavirus - This webinar will use medically accurate and age appropriate content for children in grades K-8. The content will focus on basic facts related to the science and public health along with frequently asked questions about how the coronavirus impacts things that matter to children like their friends, pets, vacations, etc. You will receive the **LOGIN LINK VIA EMAIL 1 DAY AND AGAIN 2 HOURS** before the session.

Registration is Required: <https://www.eventbrite.com/e/what-every-elementarymiddle-student-needs-to-know-about-the-coronavirus-tickets-99881837264>

4-H From Home – (Zoom Video Conferencing)

Space is limited and registration is REQUIRED: <http://nj4h.rutgers.edu/4h-from-home/>

- Kitchen Science: Hands on Experiments | Middle Schoolers
- Yoga for Kids | All Ages
- Pet Care: “So you found an orphaned/injured wild animal. What to do next?”
- Spring Garden Fun | All Ages
- S.T.E.M. Challenge: Science Fun | Middle Schoolers
- Cultural exchange and Global Explorations | Middle Schoolers
- Garbage Art: Create Art Inspired by Nature | Middle Schoolers
- Cooking from the Pantry with your Family
- Small Animal Show and Tell | All Ages

YouTube Videos will go live at the time noted on the calendar, but will remain available for viewing at your convenience