

# June 2020



“And so, with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” -F. Scott Fitzgerald, The Great Gatsby

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All YouTube programs will be available on our YouTube channel beginning Friday, June 1 <sup>st</sup> .			To find programs simply search Pinelands Family Success Center on YouTube			
	1	2 Virtual Bedtime Story	3 Interviewing Tips and Tricks 3:00 PM	4	5 Cooking for Kids Zucchini Fries ----- Weekly Dose of Self-Care 11:30 – 12:00 PM	6
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14	15	16 Virtual Bedtime Story	17 Top Ten Cost Effective Home Renovations 3:30 PM	18 	19 Cooking for Teens Lasagna Roll Ups ----- Weekly Dose of Self-Care 11:30 – 12:00 PM	20
21	22 Declutter Your Home Stress Free 6:00 PM	23	24 Virtual Community Advisory Council Meeting 12:30 PM	25	26 Foodie Favorites Crockpot Jambalaya ----- Weekly Dose of Self-Care 11:30 – 12:00 PM	27
28	29	30 Virtual Community Round Table 6:00 PM				

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

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

**Volunteers are needed to assist with programs!**

**Want to help?  
Contact Ric  
(609) 261-5847 x3**



@PinelandsFSC



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[www.PinelandsFSC.org](http://www.PinelandsFSC.org)



## VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING, GOOGLE MEET AND YOUTUBE:

**Cooking for Kids | Zucchini Fries (YouTube)** - This very versatile and tasty veggie is perfect for an oven fry sure to please everyone. The same technique that will be taught during this class can be used with other vegetables like yellow squash and eggplant. The following ingredients are for homemade Ranch Dressing. If you can't get these ingredients, feel free to substitute your favorite ranch dressing: Dried Buttermilk Powder (comes in packets), Garlic Powder, Onion Powder, Salt & Pepper, Paprika, Cayenne Pepper (optional), Sugar, Dried or Fresh Parsley, Dried or Fresh Dill, Plain Yogurt OR simply the Ranch Dressing of your Choice. You will also need: 1 Large Zucchini, Eggs, Breadcrumbs, Non-stick Spray, Salt & Pepper, Grated Parmesan Cheese, Salsa (optional).

**Cooking for Teens | Lasagna Roll Ups (YouTube)** - Learn how to create a delicious dinner using all the ingredients of lasagna turned into individual rolls. We will be upping the nutrition by adding veggies! You will need: 8 Lasagna Noodles (whole grain, plain or whatever you have), Olive Oil, 1 Onion, Spinach, 8 oz Sliced Mushrooms or Zucchini or any softer veggie (can omit if preferred), Garlic, Fresh or Dried Basil, Shredded Mozzarella Cheese, ½ Cup Ricotta Cheese (part skim or regular) OR Cottage Cheese, Salt & Pepper, Crushed Red Pepper, Red Wine Vinegar (can sub any vinegar or lemon juice or omit if you wish), 14.5 oz Can Diced Tomatoes, 7 oz. Jar Roasted Red Peppers.

**Declutter Your Home Stress Free** - Join us for our Declutter seminar hosted by Olga St. Pierre of Keller Williams Real Estate. Topics covered: Creating an action plan, Finding the motivation, Making decisions, Getting family and children involved. Register Online: <https://www.eventbrite.com/e/virtual-webinar-how-to-declutter-your-home-stress-free-tickets-106131879308>

**Foodie Favorites | Banana Bread (YouTube)** - It always seems that there are inevitably a few bananas that get over-ripe before they get eaten. Don't waste them, turn them into this delicious banana bread that Chef Laurel will teach us to make! You will need: 2 Cups Flour, ¾ Teaspoon Baking Soda, ¼ Teaspoon Salt, 2 Cups Very Ripe Mashed Bananas, 1 Stick Melted Butter, ½ Cup Sugar, ½ Cup Brown Sugar, 2 Large Eggs.

**Foodie Favorites | Crockpot Jambalaya (YouTube)** - There is nothing better than throwing some ingredients in the crockpot in the morning and having a delicious smelling dinner ready that evening! You will need: 1 Large Onion Chopped, 1 Medium Green Bell Pepper Chopped, 2 Medium Celery Stalks Chopped, 1 Can 28oz Diced Tomatoes, 2 Cups Smoked Sausage Chopped, 1 Tablespoon Parsley Flakes, ½ Teaspoon Dried Thyme, ½ Teaspoon Salt, ¼ Teaspoon Pepper, ¼ Teaspoon Red Pepper Sauce, ¾ Pound Uncooked – Peeled - Deveined Medium Shrimp, 4 Cups Hot Cooked Rice for Serving.

**Interviewing Tips and Tricks (Google Meet)** – Join in with the RCBC Career Services team for a workshop providing job seekers with the information they need to make a strong impression at their next job interview. Topics that will be covered include how to prep for the interview, what to wear to the interview, what questions you can expect to hear, and more. Register online: <http://meet.google.com/xff-chrd-xyj>

**Top Ten Cost Effective Home Renovations (Zoom)** – Does the idea of costly renovations scare you? Well, this workshop will cover tips and tricks you can implement yourself, without expensive contractors. Learn about: The top ten renovation projects that will bring you the most return on your investment. The top 10 inexpensive tips and tricks that will make you plan more “staycations”! Best places to shop for amazing things for your home. See actual products and “before and after” amazing results! The top current trends in paints, kitchens and baths, flooring and more, for 2020. Upon registration you will receive a link to a Zoom Meeting via your Eventbrite registration. Register Online: <https://www.eventbrite.com/e/105147370616>

**Virtual Bedtime Story (YouTube)** - A dedicated Pinelands FSC volunteer will read your children a bedtime story. Put on your jammies, grab a blanket, and tune in! To watch a bedtime story with us, simply search Pinelands Family Success Center on YouTube.

**Virtual Community Advisory Council Meeting (Zoom)** - The C.A.C. is a dedicated group of professional partners meeting to discuss community needs and how, through collaboration, we can provide the most needed programs, activities, and services to support local families. If your organization would like to be involved please contact [riccarpenter@prevplus.org](mailto:riccarpenter@prevplus.org)

**Virtual Community Round Table (Zoom)** - Community members are invited to join us virtually to discuss how the Family Success Center can best support our community through programs and activities for children and families. Upon registration you will receive a link to a Zoom Meeting via your Eventbrite registration. Register Online: <https://pfscjunevirtualcommunityroundtablemeeting.eventbrite.com>

**Weekly Dose of Self Care (Webinar)** – This weekly webinar promoted by the Alliance for Strong Families and Communities, offers a quick but effective dose of self-care of support during this new and uncharted journey known as COVID-19. You'll get practical ideas and concrete practices to manage your emotions, maintain your clarity of mind, boost your energy, and to keep you feeling both productive and fulfilled. Register Online: <https://www.alliance1.org/web/events/webinar/covid-19-quick-resilience-weekly-dose-self-care-immediate-relief.aspx>

**YouTube Videos will go live June 1<sup>st</sup> and will remain available for viewing at your convenience.**

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**Registration is required for programs that have a scheduled time.**

