




# Free and Open to All of Atlantic County



3050 Spruce Ave  
Egg Harbor TWP. NJ 08234  
(609)569-0376

Monday 11am-7pm	Tuesday	Wednesday 9pm-4pm	Thursday	Friday	Saturday Closed
 @inlandeht			 @inlandfsc		
				1 Happy New Year!  Center Closed	2
4 New Year, New You Fitness Video 4:00PM	5	6 RAPP Appreciation DIY Bath Bomb Kit Pick-Up 1-4PM	7	8	9
11	12 Healthy Snacks Video 4:00PM	13 Dress Up your Pet Day Contest 3:00PM	14	15	16
18 MLK Jr. Birthday Storytime 4:00PM	19	20 Cooking Matters for Kids With SNAP 4:00PM	21	22 Wellness Video 4:00PM	23
25	26 Live Community Advisory Board 5:00PM	27 Cooking Matters for Kids With SNAP 4:00PM	28	29 Home Décor on a Budget Video 4:00PM	30
31 Inspire your Heart with Art Paint Night 5:00PM	*All Video Events can be viewed on our Inland FSC Facebook Page (@inlandeht) *All services at Inland such as printing, copying, faxing & computer lab access are available by appointment only. *Face masks are required upon entry to the building. Masks are kindly provided by staff if needed.				

# Free and Open to All of Atlantic County

January  
2021



Call to Schedule an appointment with us!

609-569-0376 or email us at  
[inlandfsc@gmail.com](mailto:inlandfsc@gmail.com)

Monday: 11:00-7:00pm

Wednesday: 9:00am-4:00pm

<p><u>Center Highlights:</u></p> <p><b>New Year, New You Fitness Video:</b> Begin the new year with a new attitude! Watch this fitness video to jumpstart your new year fitness resolutions!</p> <p><b>Healthy Snack Video:</b> Are you tired of eating junk food? Are you trying to change the way you eat? Tune in to learn how to make a quick snack using healthier ingredients!</p> <p><b>Dress Up your Pet Day Contest:</b> Join us for a fun contest showing off your pet's style! Showcase your creative skills and dress up your pet in their coolest outfit!! A lucky winner picked randomly will receive dinner on us!</p> <p><b>Cooking Matters for Kids Video:</b> Join SNAP for a fun, kid-friendly healthy cooking demo video. This program engages and provides simple, nutritious recipes that children can prepare themselves. This 5 week series will continue every Wednesday until February!</p>	<p><u>Family Activities</u></p> <p><b>Relatives as Parents Program (RAPP) Appreciation:</b> DIY Bath Bomb Kit: Learn how to make a relaxing bomb bath to help you unwind. Register and be sure to pick up your kit at Inland FSC!</p> <p><b>MLK Birthday Video:</b> Join us for a special storytime honoring the life of the great, Dr. Martin Luther King.</p> <p><b>Home Décor on a Budget:</b> Are you looking for affordable décor? Join us for an insightful video that will teach you how to easily spruce up your home for the New Year on a budget!</p> <p><b>Wellness Video:</b> Tune into this wellness video to learn more about improving your wellbeing and insightful tips on reaching optimal health!</p> <p><b>Inspire your Heart with Art Paint Nite:</b> Art is perfect for to decreasing stress and express emotions. Tune into this video to celebrate art as a way to spark creativity, inspire your heart, and allivate stress!</p>
<p><u>Resources:</u></p> <p><b>Resources:</b> Call us at 609-569-0376 or visit us (appointment only on Mondays and Wednesdays) to get more information on resources in your area!</p> <p><b>Volunteering:</b> Share your talents with us and your fellow community members! Learn about all the wonderful virtual volunteer opportunities that we have to offer here at our center by emailing us at <a href="mailto:Inlandfsc@gmail.com">Inlandfsc@gmail.com!</a></p> <div data-bbox="261 1472 776 1682" style="border: 2px solid black; background-color: #4a7ebb; color: white; padding: 10px; border-radius: 15px; text-align: center;"><p><i>Check out our Website!</i></p><p>Inland-fsc.org</p></div>	<p><u>Always Available:</u></p> <p><b>Employment Assistance:</b> Our friendly staff is more than happy to assist you with creating and/or updating your resume, assist with job search, and provide interview advice. Feel free to email us your documents including the type of job you are seeking or the job posting you are interested in. You can email these documents to <a href="mailto:Inlandfsc@gmail.com">Inlandfsc@gmail.com</a>.</p> <p><b>Monthly Live Community Advisory Board-</b>We want to hear from you! Register on Eventbrite or give us a call at 609-569-0376 to be a part of Inland's Live Community Advisory Board. A Google Meet link will be provided for this virtual meeting. Share your ideas and suggestions with us!</p>

Register on:

Eventbrite