

# ST. FRANCIS COMMUNITY CENTER



## FALL & WINTER ACTIVITIES SCHEDULE

September 2 to February 28  
*celebrating over 50 years of service*

St. Francis Community Center  
4700 Long Beach Blvd.  
Long Beach Twp. NJ 08008

☎ 609-494-8861  
🌐 [stfranciscenterlbi.org](http://stfranciscenterlbi.org)  
f [facebook.com/stfrancislbi](https://facebook.com/stfrancislbi)  
📍 [StFrancisCommunityCenter](https://www.instagram.com/StFrancisCommunityCenter)

## **Welcome!**

The goal of St. Francis Center is to be a community focal point which offers a wide range of services and programs aimed at meeting the needs of Ocean County residents regardless of age, race, ethnicity, gender, disability, sexual orientation, socio-economic status or religious affiliation.

St. Francis Center provides year-round educational, social, recreational and self-development activities and programs for all ages. Services include: Pre-school; Vacation Club Summer Camp; Counseling Center; Senior Center; Recreation Programs; Family Support Services; Educational Services and Volunteer Programs & Events.

The Center's facilities include: regulation gymnasium; competition-size indoor pool; two heated outdoor pools; men's & women's locker rooms for pool members; classrooms; meeting rooms; hospitality desks

### **FALL/WINTER BUSINESS HOURS:**

Monday & Friday: 9:00 AM - 6:00 PM\*  
Tuesday/Wednesday/Thursday: 9:00 AM - 9:00 PM\*  
Saturday's: 9:00 AM - 1:00 PM\*  
**\*Subject to change**

### **CENTER HOLIDAY CLOSINGS:**

**Labor Day:** September 2;  
**Mid-October Break:** October 14;  
**Election Day** November 5;  
**Thanksgiving:** November 28 & 29;  
**Christmas:** December 24-25  
**New Year's:** January 1;  
**Martin Luther King Jr. Day:** January 20;  
**President's Day:** February 17

Due to circumstances beyond our control, scheduled activities and events are subject to change. Additional events may also be scheduled.

### **Para Nuestra Comunidad Hispana**

**Es nuestro placer anunciar que en nuestro centro comunitario hay personas que hablan Español. Estas personas pueden ayudar con cualquier necesidad. Si usted tiene interés en nuestro centro ó requiere mas información, llámenos a 609-494-8861.**



St. Francis Community Center is handicap accessible with both an elevator and ramps for easy mobility throughout the building.

# REGISTRATION

## Registration Dates

**Session I:**  
**Tues., Aug. 27**  
**9:00am**

**Session II:**  
**Wed., Oct. 16**  
**9:00am**

**Session III:**  
**Tues., Dec. 3**  
**9:00am**

## Registration Information

Participants must meet the age requirements at the start of each program. Registration begins at 9 AM, and is on a first-come, first-serve basis. Since class sizes are limited, pre-registration is necessary for all classes. Class fees must be paid when registering. Registration may be done in person at the front desk or by mail. Mail-in and dropped-off registrations will be processed at the end of the business day on the respective registration date.

## Refunds

Refunds for recreation and swim classes will be given for medical reasons only. A physician's statement must accompany the request. A **Request for Refund Form** (available at the front desk) must be completed in order to have a refund processed. A 75% refund will be issued (for medical reasons only). Refunds must be requested in writing during the session in which you have enrolled. No credits, refunds or make-up classes will be issued/permitted for classes missed due to weather or personal reasons.

Please take into consideration all vacations, holidays, religious observances and other personal activities prior to registering for a class.

## “Drop-In” Policy

Drop-ins are based upon class availability.

## Cancellations

We reserve the right to cancel any class or activity due to insufficient enrollment. Classes or activities may also be cancelled because of hazardous weather conditions. There are no refunds or make-ups for weather.

If a class is cancelled due to lack of enrollment, you will be notified and a refund or credit will be issued based on your preference

Available on our answering machine (609) 494-8861 and on the following website: [njstormwatch.com](http://njstormwatch.com) and [Facebook.com/stfrancislbj](https://www.facebook.com/stfrancislbj). To receive text notifications please register on [RainedOut.com](http://RainedOut.com). Search for St. Francis Center, LBICC, Inc. and follow instructions to receive messages.

Open Gym Policy - Open Gym schedules are available at the front desk of the Center. All participants must bring their own basketballs. Participants under the age of twelve (12) must be accompanied by a companion 16 years or older. There is limited supervision during open gym!

# CHILDREN'S SERVICES

*Our Mission and Philosophy is to provide high-quality care in a developmentally appropriate program while promoting self-esteem and fostering independence and creativity in a relaxed and nurturing environment. We are pleased to be able to offer a variety of programs at reasonable rates.*

For all childcare information and availability please contact Katie Opauski at 609-494-8861 ext. 114 or at [kopauski@stfrancislbj.org](mailto:kopauski@stfrancislbj.org). For information on CHS Subsidized Voucher slots only please contact Karen Acker at ext. 102 or [kacker@stfrancislbj.org](mailto:kacker@stfrancislbj.org).

There is a \$75 yearly registration fee for all programs.

**There are no refunds.**

\*As of this publications all COVID-19 restrictions will be followed per state guidance.

## **Year-Round Pre-School & Childcare Program**

*Effective September 1, 2024*

*\*5% off for additional children\**

Ages 13 months to 5 years St. Francis Community Center's Preschool and Childcare are fully accredited by the National Association for the Education of Young Children (NAEYC). [www.naeyc.org/our-work/for-families.org](http://www.naeyc.org/our-work/for-families.org). We are also a GROW NJ KIDS 4 star-rated program! [www.GrowNJKids.com](http://www.GrowNJKids.com)

**Pre-School Program** - This program is designed to offer young children a loving and challenging environment where the primary focus is on nurturing their self-esteem. Creativity is expanded and readiness skills are developed so that pre-school children will be comfortable when they approach the formal environment of elementary school.

**Toddlers - Ages 13 months to 2½** (Prices are monthly)

Toddler, Transitional A & Transitional B Classes

**Full Day** (9 AM - 4 PM): 5 days a week \$672; 4 days a week \$558; 3 days a week \$444

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$865; 4 days a week \$664; 3 days a week \$538

**Preschool - Ages 2 ½ to 5** (Prices are monthly)

Entering Preschool Class by October 1

**Full Day** (9 AM - 4 PM): 5 days a week \$628; 4 days a week \$535; 3 days a week \$399

**Work Day** (8:30 AM – 5:30 PM): 5 days a week \$754; 4 days a week \$622; 3 days a week \$495

# AQUATICS

## Indoor Pool Hours

Monday to Friday 6:30 AM - 6:00 PM

Saturday & Sunday 8:00 AM - 5:00 PM

## Pool Rules

St. Francis Community Center will abide by the Bather Rules set forth by the State of New Jersey Department of Health, and the following:

1. Members and visitors must check in at the pool reception area upon entrance and exit.
2. Guests must pay the "Guest Fee" for open swim, if space permits.
3. Anyone over the age of 12 months is required to pay a guest fee.
4. Children under the age of 10 must be accompanied by an adult, age 18 or older.
5. Only USCG approved lifejackets may be worn. No Swimmies
6. No horseplay or running in the pool area.
7. Jumping is permitted from the north and south walls only.
8. Prior to jumping, make sure toes are over the edge, make sure no one is in your way and jump away from the wall.
9. No back dives or flips.
10. Pool and deck must be cleared at first sight of lightning and thunder.
11. Proper swimming attire is required. No thongs or cut-off shorts.
12. No gum, food or drink on pool deck. Plastic water bottles are permitted. No glass allowed on any pool deck.
13. Pool toys are permitted during birthday parties and open swim, at the lifeguard's discretion.
14. Noodles and kickboards are to be used in a passive, non-aggressive manner, and are not to be used as life support devices.
15. No hard balls (tennis, softball or baseball) are to be thrown in any pool.
16. Members and guests may bring their own chairs and towels.
17. Any infraction of the above-stated rules will cause suspension from the Pool and Center grounds.
18. **All non-potty trained participants are required to wear swim diapers.**

# AQUATICS

## Pool Membership Fees (Indoor & Outdoor)

### Yearly Membership Fees

Family of 4 (2 Adults, 2 Children [17 & under])	\$855
3rd Child.....	\$ 90
Each Additional Child.....	\$ 65
Individual (All ages up to age 59) .....	\$340
Each Additional Child [17 & under].....	\$220

### Six Month Membership Fee

Family of 4 (2 Adults, 2 Children [17 & under])....	\$520
3rd Child.....	\$ 90
Each Additional Child .....	\$ 65

Individual (All ages up to age 59)..... \$ 275

### Three Month Membership Fee

Single Membership Only (flat rate - no discount).....	\$175
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### Senior Citizen Memberships

Yearly Membership.....	\$305
Six Month Membership.....	\$245

A **Pool Membership** entitles you to use of the **Pool Only**.

If an Aquatic program is cancelled or delayed due to inclement weather, there is no make-up date and no refund.

### Daily Guest Fees:

\$10 Per Person

Book of 5 Passes: \$45

Book of 10 Passes: \$85

Open Swim Only (Space Permitting)  
Open Swim Hours subject to change  
without notice.

## Are you looking for a place to hold a birthday party?

**St. Francis Community Center offers a wet and wild time!**

Each party is two hours. We provide the party room, which includes: tables, chairs, a full kitchen and garbage cans. You supply the party decorations, food and beverages.

Call the Aquatic Center today for more information or to book a Party; 609-494-8861 ext. 187.

*\*Parties are available September through May on Saturday's & Sunday's\**

# AQUATICS

Children must meet the age requirement on the day the session starts.

Periodically the pools may be closed for special events. Those dates and times will be posted in advance at the pool reception desk.

## Indoor Pool Hours

Monday through Friday: 6:30 AM - 6:00 PM

Saturday & Sunday: 8:00 AM - 5:00 PM

**Please note that local schools use the pool starting in November. Please check the monthly schedule for availability.**

### **Private Swim Lessons: \$30 (per half-hour)**

Appointments for lessons must be made through the Aquatic Center Reception Desk at ext. 187.

All lessons must be paid in full, in advance. No refunds! Private lessons offer one-on-one instruction for adults or children. This program is for anyone to learn basic aquatic safety skills or learn to swim or acquire new swimming skills.

### **We are looking for your input!**

**If you are interested in teaching a class, or have ideas for new classes you'd like to see offered, please contact the Recreation Department at ext. 105.**

Each registered participant will undergo a performance evaluation at the first class of each session. If the participant is unable to perform the pre-requisites, the instructor will recommend the child be moved to a more suitable level during that session. If those classes are full, the child will be offered the first available space in successive sessions.



Check out St. Francis Center on:  
Instagram:  
StFrancisCommunityCenter  
Facebook: StFrancisLBI

# AQUATICS

## WATER TOTS

*LESSONS FOR THE SMALLEST FISH AGE 10 MONTHS - 36 MONTHS*

This class is designed for parents and children to be in the pool together. Children are taught to become more comfortable in the water. Fun and games in the pool help the child gain confidence to swim alone. (*max 20; min 6*)

- No prior swim lesson or aquatic experience required
- Great bonding experience for parent and child

**\*\*The adult and the child will be in the water together\*\***

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 11:00-11:30AM FEE \$120**

**Session I:** September 10 to October 17 (Code: 123101-01)

**Session II:** October 22 to December 5 \*no class 11/5 & 11/28  
(Code: 123101-02)

**Session III:** January 7 to February 13 (Code: 123101-03)

**SATURDAY; 9:00 - 9:30 AM FEE \$60**

**Session I:**

(Code 130105-02)  
Sept. 14- Oct.19

**Session II:**

(Code 130105-03)  
Nov. 2- Dec. 7

**Session III:**

(Code 130105-04)  
Jan. 4 - Feb. 8

## WATER TYKES

*LESSONS FOR THE SMALLEST FISH (3 Year Old Swim)*

This class is designed for parents and children to be in the pool together. Children are taught to become more comfortable in the water. Fun and games in the pool help the child gain confidence to swim alone. This class is a step towards Little Dippers. Must be 3 years old at the start of the session. (*max 20; min 6*)

- Basic swim and safety skills taught
- Great bonding experience for parent and child

**\*\*The adult and the child will be in the water together\*\***

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 11:30AM-12:00 PM FEE \$120**

**Session I:** September 10 to October 17 (Code: 191111-01)

**Session II:** October 22 to December 5 \*no class 11/5 & 11/28  
(Code: 191111-02)

**Session III:** January 7 to February 13 (Code: 191111-03)

**SATURDAY; 9:35 - 10:05 AM FEE \$60**

**Session I:**

(Code 190001-01)  
Sept. 14- Oct. 19

**Session II:**

(Code 190001-02)  
Nov. 2 - Dec. 7

**Session III:**

(Code 190001-03)  
Jan. 4 - Feb. 8



# AQUATICS

## **LITTLE DIPPERS**

***LESSONS FOR THE BEGINNER FISH (4 Year Old Swim)***

This class targets the beginner swimmer. General safety rules will be learned as well as the front & back floats, doggie paddle and getting the face wet. Children should be comfortable in water, for example: likes to play in water, enjoys bath time, etc. This class is a step towards Little Paddlers. Must be 4 years old at the start of the session. (max 12; min 6)

- No previous swim lesson or aquatic experience required
- Introduction to the basic skills necessary for swimming, ages 4
- Perfect class for nervous students or very beginner swimmers.

**Place:** Indoor Pool

**TUESDAY & THURSDAY ; 4:00 PM- 4:30 PM FEE \$60**

**Session I:** September 10 to September 26 (Code: 130106-05)

**Session II:** October 1 to October 17 (Code: 130106-06)

**Session III:** October 22– November 12 *\*no class 11/5* (Code:130106-07)

**SATURDAY; 10:10 AM to 10:40 AM**

**FEE \$60**

**Session I:**

(Code 130106-01)

Sept. 14– Oct. 19

**Session II:**

(Code 130106-02 )

Nov. 2– Dec. 7

**Session III:**

(Code130106-03)

Jan. 4 - Feb. 8

## **LITTLE PADDLERS 1**

***LESSONS FOR THE BEGINNER FISH (AGES 5 & UP)***

This class is designed to teach the beginner who is water oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced for this course. Must be 5 years old at the start of the session. (max 12; min 6)

- Student needs to be comfortable going underwater
- Student is able to back float and front float for 10 seconds independently

**Place:** Indoor Pool

**TUESDAY– THURSDAY; 4:35 PM to 5:05 PM FEE \$60**

**Session I:** September 10 to September 26 (Code: 130101-01)

**Session II:** October 1 to October 17 (Code: 130101-02)

**Session III:** October 22– November 12 *\*no class 11/5* (Code: 130101-03)

**SATURDAY; 10:45 AM to 11:15 AM**

**FEE \$60**

**Session I:**

(Code 130107-01 )

Sept. 14– Oct. 19

**Session II:**

(Code 130107-02 )

Nov. 2– Dec. 7

**Session III:**

(Code 130107-03)

Jan. 4 - Feb. 8

# AQUATICS

## **LITTLE PADDLERS 2**

**FEE \$60**

***LESSONS FOR THE BEGINNER FISH (AGES 5 & UP)***

This class is designed to teach the beginner who is water oriented and has mastered the beginning elements of swimming. The front crawl and elementary backstroke will also be introduced for this course.

Must be 5 years old at the start of the session. (*max 12; min 6*)

- Student needs to be comfortable going underwater
- Student is able to back float and front float for 10 seconds independently
- Student is able to roll over for a breath independently
- Student is able to independently swim simple freestyle with their face in for a quarter length of the pool

**Place:** Indoor Pool

**Tuesday & Thursday; 5:10 PM to 5:40 PM**

**Session I:** Sept. 10 to Sept. 26 (Code: 130102-01)

**Session II:** Oct. 1 to Oct. 17 (Code: 130102-02)

**Session III:** Oct. 22– Nov. 12 *\*no class 11/5* (Code: 130102-03)

**Saturday; 11:20 AM to 11:50 AM**

**Session I:**

(Code 130107-04  
Sept. 14– Oct. 19

**Session II:**

(Code 130107-05)  
Nov. 2– Dec. 7

**Session III:**

(Code 130107-06)  
Jan. 4 - Feb. 8

## **LITTLE SHARKS**

**FEE \$60**

***LESSONS FOR THE INTERMEDIATE FISH (AGE 8 & UP)***

Basic survival swimming is taught while improving beginner skills to build stamina and coordination. Improve front crawl and introduce elementary backstroke and breaststroke. Must be 8 years old at the start of the session. (*max 12; min 6*)

- Student is able to kick on their back with kickboard half the length of the pool
- Student is able to swim half the length of the pool, simple freestyle, with side breaths
- Student is able to swim half the length of the pool, simple backstroke
- Student is able to streamline kick half length of the pool on their back

**Place:** Indoor Pool

**Tuesday & Thursday; 5:45 PM to 6:15 PM**

**Session I:** Sept. 10 to Sept. 26 (Code: 130103-07)

**Session II:** Oct. 1 to Oct. 17 (Code: 130103-08)

**Session III:** Oct. 22– Nov. 12 *\*no class 11/5* (Code: 130103-09)

**Saturday; 12:00 PM to 12:30 PM**

**Session I:**

(Code 130103-02  
Sept. 14– Oct. 19

**Session II:**

(Code 130103-03)  
Nov. 2– Dec. 7

**Session III:**

(Code 130103-04)  
Jan. 4 - Feb. 8

# AQUATICS

## **COMPETITIVE SWIM FISH**

Fee \$60

### ***LESSONS FOR THE ADVANCED FISH (AGE 8 & UP)***

This is a developmental program that emphasizes the stroke technique, starts and turns. Required skills include front and back crawl, elementary backstroke, breaststroke, and side stroke. All participants will be swimming laps for strength and endurance. Must be 8 years old at the start of the session. (*max 15; min 6*)

**Place:** Indoor Pool

- Student is able to swim full length of pool, simple freestyle with side breaths
- Student is able to swim full length of pool, simple backstroke
- Student is able to kick full length of pool, dolphin kick
- Student is able to full length of pool, simple breaststroke kick

**Tuesday & Thursday; 6:20 to 6:50pm**

**Session I:** Sept. 10 to Sept. 26 (Code: 122101-01)

**Session II:** Oct. 1 to Oct. 17 (Code 122101-02)

**Session III:** Oct. 22– Nov. 12 *\*no class 11/5* (Code 122101-03)

**Saturday; 1:00 PM to 1:45 PM**

**Session I:**

(Code 130104-01

Sept. 14– Oct. 19

**Session II:**

(Code 130104-02)

Nov. 2– Dec. 7

**Session III:**

(Code 130104-03)

Jan. 4 - Feb. 8

## **Fall Swim Clinic**

Fee: \$125

**Transitional (Ages 5-11)** – this class is designed for the swimmer who knows the basics of the 4 competitive swim strokes (freestyle, backstroke, breaststroke & butterfly). We will focus on stroke mechanics, starts and building endurance. Swimmers must be able to complete 25 yards of each of the 4 competitive swim strokes. One piece swimwear required. (Max: 20; Min: 4)

**Instructors:** Emily Cherry and Justin Sullivan

**Place:** Indoor Pool

**MONDAY & WEDNESDAY; 6:00-6:45 PM;**

**Session I:** Sept. 9 - Oct. 30 *No class 10/14* (Code: 110000-01)

**Advanced (Ages 12 and up)** – this class is for the more experienced swimmer. We will work on stroke mechanics, starts, turns and building endurance. This is ideal for the high school swimmer looking to stay in shape and improve for next year's season. (Max: 25; Min: 4)

**MONDAY & WEDNESDAY.;** Place: Indoor Pool

**Session I:** Sept. 9– Oct. 30 *\*no class 10/14*; 7:00 - 7:45 PM

(Code: 140000-01 )

# AQUATICS

## Aquatic Zumba Aerobics

FEE Session I & III \$160

Session III \$145

This class is set in a group atmosphere and set to music. Aqua Zumba Aerobics takes place in chest deep water and is designed to help reduce inflammation in the joints. The hydrostatic pressure acts as a massage for your hips, back and knees. In the aerobic segments we work with weights and noodles in chest-deep and deep-end water. We look to increase cardiovascular conditioning, flexibility, muscle strength and increase your range of motion. (Max: 12 Min: 4)

**Instructor:** Susan Sellarole

**Place:** Indoor Pool

### **Monday, Wednesday & Friday**

8:00 - 8:45 AM

9:00– 9:45 AM

**Session I:** Sept. 9- Nov. 1  
*\*no class 10/14*

(Code 127101-01)

(Code 128101-01)

**Session II:** Nov. 4 - Jan. 3  
*\*no class 11/29, 12/25 & 1/1*

(Code 127101-02)

(Code 128101-02)

**Session III:** Jan. 6 - Feb. 28

(Code 127101-03)

(Code 128101-03)

## Aqua Zumba/Arthritis Aquatic Exercise

FEE \$160

Session III \$145

This class begins with walking and stretching warmups to help build balance and core strength, as well as engaging in lower impact Aqua Zumba routines in chest deep water. Together in this fun, music filled group class, you will work out in chest deep and deep-end water incorporating noodles. The exercises are designed to decrease pain and stiffness without putting stress on your joints while at the same time increasing range of motion, strength and endurance. Physician's consent form is **NOT** required. (Max: 15 Min: 4)

**Instructor** – Susan Sellarole

**Place:** Indoor Pool

### **Monday, Wednesday & Friday; 10:00 AM – 10:45 AM**

**Session I:** Sept. 9- Nov. 1  
*\*no class 10/14*

(Code 126101-01)

**Session II:** Nov. 4 - Jan. 3  
*\*no class 11/29, 12/25 & 1/1*

(Code 126101-02)

**Session III:** Jan. 6 - Feb. 28

(Code 126101-03)

*\*no class 1/20 & 2/17*

# AQUATICS

## Aquatic Aerobics

FEE \$120

This class takes place in chest-deep, deep-end water or shallow water, depending on your class time. Class format includes a warm-up, aerobic segment, cool down, endurance and stretch segment. In a group atmosphere, participants will experience increased cardiovascular conditioning, flexibility and a lot of fun. (Max: 16; Min: 4)

**Instructor:** Pat Rears

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 8:00 AM - 8:45 AM**

**Session I:** September 10– October 24 (Code 129101-01)

**Session II:** October 29 - December 19 *\*no class 11/5 & 11/28*  
(Code 129101-02)

**Session III:** January 7 - February 20 (Code 129101-03)

## Deep Water Aerobics

FEE \$120

This class takes place in deep water to increase stamina while eliminating stress on all joints. It is a cardiovascular workout designed to strengthen muscles and increase range of motion. Swimmers and non-swimmers are welcome. **Must bring your own float belt & Water weights.** (Max: 15 Min: 4)

**Instructor:** Ruth Blankenmeyer

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 9:00 - 9:45 AM**

**Session I:** September 10– October 24 (Code 190000-01)

**Session II:** October 29 - December 19 *\*no class 11/5 & 11/28* (Code 190000-02)

**Session III:** January 7 - February 20 (Code 190000-03)

## Aqua Boot Camp

FEE \$120

This class is set in a group format with great music. It begins with a warm up then transitions into intervals of high intensity cardio, water Pilates with noodles, and water weight training. The class ends with a cool down and stretching segment. This class is a wonderful cardiovascular workout designed to be challenging while protecting the joints. It will build muscle and increase flexibility. Come, work hard and have fun! (Max: 15 Min: 4)

**Instructor:** Lisa Fantau

**Place:** Indoor Pool

**TUESDAY & THURSDAY; 10:00- 11:00 AM**

**Session I:** September 9– October 24 Code 190000-04

**Session II:** October 29 - December 19 *\*no class 11/5 & 11/28*  
Code 190000-05

**Session III:** January 7 - February 20 Code 190000-06

# AQUATICS

## **Lifeguard Training-Hybrid Class**      **Fee: \$300**

*(Must be registered by October 16h)*

**Ages 15 & Up**

(Code 180000-01)

Do you want to be a lifeguard? This course is certified by the American Red Cross. You must have strong swimming ability. Bookwork will be completed online with some in-person days required for practical tests. Upon successful completion, participants will receive an American Red Cross Certification in Lifeguarding, First Aid, CPR for the Professional Rescuer, AED & Preventing Disease Transmission. (Max: 8; Min: 5).

**Instructors:** Emily Cherry

Place: Indoor Pool & Party Room

**IN-PERSON (required):**

**TIME**

Wed., October 23  
(Pre-requisite testing\*)

5:00 PM - 6:00 PM

Sat., October 26

9:00 AM - 5:00 PM

Sun., October 27

9:00 AM- 5:00 PM

**Attendance at the listed dates and times is required.  
There will be no opportunities to make-up missed classes.**

**\*All participants must complete the following prerequisites:**

1. Swim 300 yards continuously in the following order: 100 yards of front crawl using rhythmic breathing (breathing to the side or front) and a stabilizing-propellant kick; 100 yards of breaststroke; and, 100 yards of either front crawl or breaststroke using rhythmic breathing.
2. Starting in the water, swim 20 yards using front crawl or breaststroke; surface dive 7 to 10 feet; retrieve a 10 pound object; return to the surface; and, swim 20 yards back to starting point with the object, and exit the water without using a ladder or steps, within 1 min. 40 seconds.

*If you have concerns about your ability to complete the pre-requisites, please schedule a swimming skill evaluation by calling ext. 187.*

# RECREATION

## OPEN GYM

*SATURDAYS*  
**OCTOBER 19 - NOVEMBER 30**  
**9:30AM - 12:30PM**

### Open Gym Policy & Rules

**\$3/ Adult; \$2/Child**

Open Gym schedules are available at the front desk of the Center; please call ahead for accurate schedule. All participants must bring their own basketballs.

**Participants under the age of ten (10) must be accompanied by a companion 14 years or older. There is limited supervision during open gym!**

*To insure proper maintenance and supervision of the Center, the following rules will be observed:*

- Proper gym attire will be worn at all times in the gym. Shirts and shoes are required in all areas of the Center.
- Smoking is not permitted. Food, drinks and chewing gum are prohibited in the gym area.
- The Center is not responsible for valuables left unattended.

### Pickleball

A cross between Ping Pong, Tennis Racquetball and Badminton, Pickleball is played as a singles or doubles game. Players use oversized ping pong paddles and a whiffle ball. The game is played on a badminton sized court that is divided by a 34 inch high net. Pickleball is a great sport for everyone from teens and up including baby boomers and active seniors.

Community Center Gym  
\$30 Book of ten passes or \$5 single day fee

**Mon., Wed., Fri.: Oct. 21 - May 23; 12:15 - 3:00 PM**

# RECREATION

## **Co-Ed Basketball Recreation League**

**FEE \$100/PLAYER**

### **2<sup>nd</sup> – 8<sup>th</sup> Grade Registration (Ages 7-14)**

**All children must be registered in order to participate in group practices.**

**Registration** will open at the Front Desk starting Tuesday, **October 1st** after **9:00 AM** and will close on Friday, **November 15th** at **5:00 PM**. Registration must be done in person during normal Center hours. **There is a specific registration from that needs to be submitted and is available only at the Front Desk.**

- When registering there will be a handout that a parent must read regarding conduct during games and practices, there will be no video presentation.
- Once teams have been placed, each team will have practices during the week and games will held on Saturdays.
- Once the schedule is set games will not be moved for any reason. If inclement weather forces the Center to close during a night of games they will not be made up.

**Special Requests:** Due to the overwhelming number of children participating in the program, special requests will not be accommodated. It is not possible to honor requests for your child to play on a specific day or team. The Recreation Staff and Coaches realize that conflicts in your child's personal schedule will occur. Whether or not they are able to attend all practices, participants will receive equal playing time during games. Coaches are volunteers: please be cooperative and assist them as much as possible.

## **VOLUNTEER COACHES NEEDED**

We are looking for committed, fun,  
and enthusiastic coaches!

Ready to teach and encourage players to learn.

Support your local  
community by becoming a head coach or  
assistant coach.

For questions please call Colleen Yerves  
609-494-8861 ext. 105



# RECREATION

**Team Assignment Policy:** Teams are made according to skill level of the participant in an effort to maintain balanced teams. Skill levels are determined at the preliminary practices by the coaches and staff.

**VOLUNTEERS ARE NEEDED** in the following areas: Referees, Coaches & Assistant Coaches (all divisions); Scorebook and clock help. Contact the Recreation Department if interested (**all volunteers are subject to a background check**).

**Sponsors** are needed for each team in the league. Team sponsor fee is \$200.00. Sponsor forms will be available at the Front Desk the night of registration.

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## 2<sup>nd</sup> – 8<sup>th</sup> Grade Co-ed League Evaluations

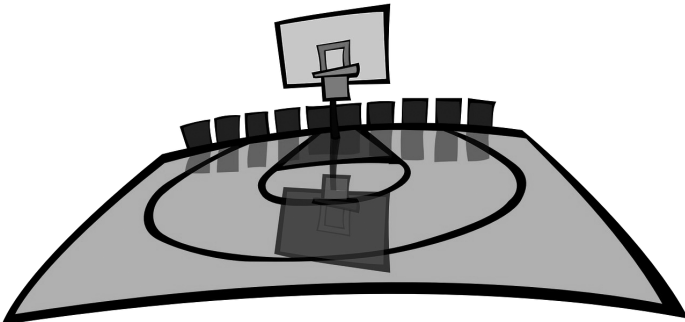
Grade 2 & 3      Tues. Nov. 19      5:30-6:00 PM      (109104-02)

Grades 4 & 5      Tues., Nov. 19      6:00-6:30 PM      (109105-02)

Grades 6, 7 & 8      Tues., Nov. 19      6:30-7:00 PM      (109106-02)

***Mandatory Evaluations*** - Attendance to the preliminary league evaluations is mandatory in order for participants to be placed on a team. **There will be no additions to rosters after teams have been formed.**

As of the printing of the brochure the plan is to have all teams placed by the beginning of December, have practices start mid-December, have games begin the first full week of January and have the championship game during the first week of March.



# RECREATION

## COACH PAMPS CAMPS

### Tuesday Night Basketball Lessons

Fee \$80

PREPARE TO UP YOUR GAME! Dribbling, and passing will be taught as well as fundamentals of pivots stars and stops. Focus on shooting skill and defense techniques. Master skills and learn the correct rules of the game. Modified baskets will be used for participants' success. (Max 10, Min 5)

**Instructor:** John Pampalone **Place:** Gym

**Tots (Ages 4 & 5)**

**Session I:** Tuesdays; Sept. 17– Oct. 8; 4:00-4:30PM  
(Code 109102-01)

**Tykes (Ages 6 & 7)**

**Session I:** Tuesdays; Sept. 17– Oct. 8; 4:35-5:05PM  
(Code 109102-02)

**Youth (Ages 7-13)**

**Session I:** Tuesdays; Sept. 17– Oct. 8; 5:15– 6:30PM  
(Code 109102-03)

### Fall Basketball Clinic

Fee \$100

These Clinics are open to boys and girls who are looking for the last chance to improve their game before recreation and school team try-outs begin. All of the important fundamentals are stressed, including shooting, ball handling, rebounding, defense, etc. (Max 20 per session)

**Instructor:** John Pampalone, Southern Regional Varsity Basketball Coach **Place:** Gym

**Tots (Ages 4 & 5)**

**Session I:** Monday– Thursday; Oct. 21– Oct. 24; 4:00-4:45PM  
(Code 109101-01)

**Tykes (Ages 6 & 7)**

**Session I:** Monday– Thursday; Oct. 21– Oct. 24; 5:00-5:45PM  
(Code 109101-02)

**Youth (Ages 7-13)**

**Session I:** Monday– Wednesday; Oct. 28– Oct. 30; 4:30-6:00PM  
(Code 192222-01)

### Tot & Tyke Basketball

Fee: \$80

It's never too early to learn the basic skills of basketball, Dribbling, shooting and passing will be taught. Modified baskets will be used for participants success. (Max 10, Min 5)

**Instructor:** Colleen Yerves

**Place:** Gym

**Tots (Ages 4 & 5)**

**Session II:** Tuesdays; Nov. 12 – Dec. 3 ; 4:00-4:30 PM  
(Code 109101-03)

**Session III:** Tuesdays; Jan. 7– Jan. 28; 4:00-4:30 PM  
(Code 109101-04)

**Tykes (Ages 6 & 7)**

**Session II:** Tuesdays; Nov. 12– Dec. 3; 4:30-5:00PM  
(Code 109103-01)

**Session III:** Tuesdays; Jan. 7– Jan 28; 4:30-5:00 PM  
(Code 109103-02)

# RECREATION

## All Level Yoga

**6 Classes for \$100**  
**DROP IN FEE \$18 per class**

Feeling stressed, overwhelmed? Come discover the health benefits of yoga! In this class you will learn breathing exercises, various yoga poses, balancing, stretching and meditation. Students should be comfortable seated on the floor for short periods of time. If you have any medical conditions check with your physician before registering. Please bring a Yoga mat to class. Register Early. Space is Limited. (Max: 10 Min. 5)

**Instructor:** Sue Seiter, 200-ERYT

**Session IA:** Wednesday Nights; Oct. 28 - Dec. 11 *\*no class 11/27*  
5:00PM - 6:00PM (Code: 108101-01) **Place:** Pool Room

**Session IB:** Wednesdays, Oct. 28 - Dec. 11 *\*no class 11/27*; 8:00AM - 9:00AM (Code: 108101-02) **Place:** Pool Room

**Session IIA:** Wednesday Nights; Jan. 8 - Feb. 12; 5:00PM - 6:00PM (Code: 108101-03) **Place:** Pool Room

**Session IIB:** Wednesdays; Jan. 8 - Feb. 12; 8:00AM - 9:00AM (Code: 108101-04) **Place:** Pool Room

## Tennis Fundamentals

**Fee \$235**

### Ages 5-8

Children will develop and improve tennis strokes, ball judgment, footwork and athletic skills - agility, balance and coordination while playing. Age/skill-appropriate red balls and kid-sized courts will be used so kids are successful sooner with good fundamentals. USTA's Net Generation competencies are used to build a strong foundation of skills. Kid-sized racquets provided. (Max 8 , Min 4)

**Instructor:** Sharon Kavanaugh; **Place:** Gym

**Session I:** Monday; Jan. 8 - Feb. 26; 4:50 PM - 5:50 PM (Code:107201-01)

## Tennis Fundamentals

**Fee \$235**

### Ages 9-12

Children will develop and improve tennis strokes, ball judgment, and footwork. Movement activities benefit multiple sports.

Skill-appropriate, slower, lower bouncing balls (likely, some red & orange) will be used to develop good technique and tactics and enable longer rallies. USTA's Net Generation competencies are used to build a strong foundation of skills. Kid-sized racquets provided. (Max 8 , Min 4)

**Instructor:** Sharon Kavanaugh; **Place:** Gym

**Session I:** Monday; Jan. 8 - Feb. 26; 3:50 PM - 4:50 PM (Code: 107201-02 )

**52<sup>nd</sup> Annual Long Beach Island Commemorative  
18 Mile Run Fundraiser & 12K Run**

**52 years of running on LBI!!!**

**Race starts at 10:00 AM in Holgate  
Sunday, October 13th, 2024**

*The course is a straight, flat, point-to-point run heading North on Long Beach Blvd. Air temperature in October on LBI is approximately 65 degrees, winds generally coming from the South.*

Applications are available at the Front Desk of the Community Center and a printable version online at [www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org).

Final registration and race-packet pickup will be held on Saturday October 12 from 2:00pm to 6:00pm in the Senior Lounge and on Sunday October 13 from 6:00am to 8:00am in the Center Gymnasium.

*If possible, please register by September 18<sup>th</sup> to help us accurately order the proper amount of t-shirt sizes and medals for all of our participants. Registering early is a huge help, thank you!*

**12K Fun Run / Walk!!!**

**Sunday, October 13th, 2024; 10:00AM**

*Looking to take part in the 18 Mile Run weekend festivities but not quite ready to tackle the full 18 miles?*

In addition to our normally hosted 18 Mile Run, there will be a separate 12K (about 7.5 mile) fundraiser that will take place from the start line and head directly to 46th St. for the finish line! This event is perfect for those interested in testing themselves at a race distance longer than a usual 5K or someone looking for a fitness walk that offers water stations and race course supervision.

**ENTRY FEES**

**18 Mile Run \$80**

*Every participant will receive a race T-shirt, commemorative medal and to-go food and refreshment bag.*

**18 Mile Run - USATF-NJ Members \$70**

*Every participant will receive a race T-shirt, commemorative medal and to-go food and refreshment bag.*

**12K Run/Walk \$60**

*Every participant will receive a race T-shirt, commemorative medal and to-go food and refreshment bag.*

**The funds raised from this year's race will help support the programs and services of the St. Francis Community Center**

## CENTER SPECIAL EVENTS

### Holiday Craft Show



Sat., Nov. 23; 9:30 AM - 3 PM  
Sun. Nov. 24; 9:30 AM - 3 PM  
St. Francis Community Center Gym  
Admission \$2

A weekend craft show that hosts local artists, crafters, and makers of homemade and handmade items. Perfectly timed right before the holidays for all of your gift-buying needs. You can find something for every one on you list...or maybe a little something for yourself. Please support the Community Center

### Dakota & Elle Christmas Concert



Friday, Dec. 13; 7:00 PM  
St. Francis  
Church Hall  
\$30/ Person

A Christmas Concert! Enjoy music from the tenor /soprano duo Dakota and Elle while they perform sacred and classical Christmas music. Wine and cheese to be served during intermission with a meet and greet. Seating is first come first served. Tickets on sale October 1st at the Community Center

### Super "Plunge" Saturday

February 8, 2025  
1:00 PM

Join us for the **20th Annual Ocean Plunge on February 8, 2024**. Do you have what it takes to brave the icy cold Atlantic Ocean in February? Save the date and meet us on the 48th Street beach (in Brant Beach). Team themes and costumes are welcome, but not required! Prize incentives for participants.

**Pre-Registration is required.** \$30 per person, \$20 per student. Registration Forms will be available online at: [www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org) or at the Center in November.

*Sponsored by St. Francis Community Center. All proceeds to benefit St. Francis Community Center & Southern Regional High School Swim Teams.*

**Please note all of the above information is subject to change.**

## CENTER SPECIAL EVENTS

### Oh, All the Places You'll Go *Travel Voucher Raffle*

Raffle tickets on sale October 1st  
Drawing : February 10, 2025 at Noon



Dreaming of your next getaway? Enter our travel voucher raffle for a chance to win a travel voucher valued at \$5,000.

Tickets are \$25 each and can be purchased online, at the front desk or at our events.

*Plan your next adventure with us!*

### American Red Cross Blood Drives

You don't need a special reason to give blood. The need is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life!

*Please call the Community Center at (609) 494-8861 ext. 118 or visit: [www.redcrossblood.org](http://www.redcrossblood.org) to schedule an appointment. For detailed donor eligibility questions, please call 800-RED-CROSS or visit: [redcrossblood.org](http://redcrossblood.org).*

**Tuesday  
October 8th  
1:00pm-6:00pm**

**Tuesday  
December  
10th  
1:00pm-6:00pm**

## PARISH SPECIAL EVENTS

### Blessing of the Animals

Saturday, Oct. 5; 10:00 AM  
St. Francis of Assisi Brant Beach Church

Celebrate with the St. Francis of Assisi Parish with a special blessing of the animals. Bring your pets of all shapes and sizes for a blessing. All are welcome to participate in this cherished tradition. Dogs, cats, birds, and even a hedgehog have been blessed.



# PARISH SPECIAL EVENTS

## **2024 Car Raffle**

Books cost \$100. Only 3,500 Books

Available *Five chances to win in each book.*

- 2024 Buick Envista Preferred (Red) Valued at \$ 23,990
- 2024 Buick Envista Preferred (Blue) Valued at \$23,990
- 2024 Buick Encore GX Preferred Valued at \$ 27,690
- 2024 GMC Terrain SLE Valued at \$ 32,365
- 2024 GMC Canyon Elevation Valued at \$ 39,230

Tickets sold in booklets only. Each book may carry more than one name. Bearer is entitled to win all five vehicles. Tickets may be purchased at the front desk of the Community Center or at [stfrancisparishlbi.org](http://stfrancisparishlbi.org)

The drawing for all five vehicles will begin at **7 PM** immediately following the Annual Spaghetti Dinner on **October 12th** at St. Francis Center Gymnasium.  
Winner need not be present.

## **Spaghetti Dinner**

Sat., Oct. 12; 5:00 - 8:00 PM  
St. Francis Community Center Gym  
Adults \$20/ 18 Mile Runners \$15 / Children \$10

Join us for a night of delicious pasta, good company and a chance to see who the lucky Car Raffle winners are! Bring the whole family and enjoy a great meal without the mess! The raffling of the cars will begin at 7pm. Tickets for dinner and takeout will be available September 1st at the Community Center Front Desk. Please check the Parish website for reservation information.

## **Beefsteak Dinner**

Fri., Dec. 6  
St. Francis Community Center Gymnasium  
Doors Open at 4:30pm  
\$50/person

Indulge in our annual beefsteak dinner extravaganza! Enjoy all you can eat beefsteak and a pasta course, plus festive games and our popular cork pull. This event is BYOB and bring your own appetizers to enjoy before your meal, for a complete evening of holiday cheer. Win prizes in our many popular raffles during the evening.

# SENIOR SERVICES

**COME JOIN US!**

*Anyone 60 years and over is eligible for the Senior Services Program.*

Two locations in southern Ocean County to better serve you.

**If you live on:** Long Beach Island, Little Egg Harbor, Tuckerton, Eagleswood, Stafford Township, Barnegat or Waretown

**Please call:** **St. Francis Community Center,**  
LBICC Inc. Senior Services  
4700 Long Beach Blvd. Long Beach  
Township, NJ 08008  
**609-494-8861**

**If you live in:** Lacey, Ocean Gate, Pine Beach, South Toms River, Beachwood or Berkeley

**Please call:** **Berkeley Satellite Office,**  
LBICC, Inc. Senior Services  
Pinewald-Keswick Road, Bayville, NJ 08721  
**732-244-9600**

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**How Much Will It Cost Me?** There is no charge for any Senior Services. However, the program provides the opportunity for individuals to make a voluntary contribution for services received. All donations are confidential. No one will be denied service because they will not or cannot contribute.

**St. Francis Senior Services Is Funded By:** A grant from the Ocean County Office of Senior Services with Title III Older Americans Act of 1965, as amended through a grant from the NJ Department of Health and Senior Services; Ocean County; Local Municipal Contributions and St. Francis Community Center.



**Funded in part by a grant  
from the Ocean County  
Board of Commissioners**



# SENIOR SERVICES

St. Francis Senior Services Department provides Ocean County Residents ages 60 and over with a full range of services. Our goal is to foster the independence and dignity of older adults by making it easier to choose services available to them. The mission of Senior Outreach Services is to make a positive difference in the lives of seniors by improving access to nutrition, health, education, social and supportive Services.

One-Stop Eligibility Screening for a wide range of programs such as: PAAD, Lifeline utility assistance, and others.

Outreach Visits in the home, if needed, to provide eligibility screening and assessment.

**Home-Delivered Meals** -A noon-time meal will be sent to homebound elderly who are unable to prepare a meal for themselves; and, who have no other person to prepare a meal for them. Each applicant will be visited by an Outreach Worker who will interview him or her to assess the need for home-delivered meals.

Senior Services coordinates a **van service, provided by the Ocean County Transportation Department, for Long Beach Island residents**, for medical appointments and shopping trips. Please contact Senior Services at least two weeks in advance to reserve a seat on this vehicle. This service operates: Tuesday, Wednesday, Thursday and Friday.

**Outreach & Benefits Counseling** - This program provides trained Outreach Workers to visit the elderly in their homes, to determine their needs, and to provide them with information about benefits and services for the elderly. For more information or if you know a friend or neighbor who would benefit from this service, please call

**609-494-8861, ext. 108 or 109 or 732-244-9600.**

**S.H.I.P. Program**—State Health Insurance Program - Trained volunteers and staff will provide assistance understanding coverage, payments and benefits of private insurance plans Medicare. Appointments must be made in advance through the Senior Services Department by calling

**609-494-8861.**

**Caregiver Support Program** - *The National Family Caregiver Support Program*

The enactment of the Older Americans Act Amendments of 2000 (Public Law 106-501) established an important new program, the National Family Caregiver Support Program (NFCSP). The program was developed by the Administration on Aging of the U.S. Department of Health and Human Services (HHS).

**Services available are as follows:**

- Information to caregivers about available services
- Assistance to caregivers in gaining access to supportive services
- Individual counseling, organization of support groups to assist the caregivers in making decisions and solving problems relating to their role as a caregiver.

# SENIOR SERVICES

## *Educational, Recreational & Leisure-Time Classes*

### Fitness Classes

**Walking Program HealthEase:** Monday - Friday ;  
Gym; 8:00 - 8:45 AM

**Project Healthy Bones:** Call 609-494-8861 ext. 109 for  
Registration Information

**Chair Yoga:** Mon & Thus.; 11:00 AM-11:45 AM  
Call 609-494-8861 ext. 109 for  
Registration Information

### Weekly Activities

Located in the St. Francis Center

#### Senior Lounge

##### Canasta

Mon. 12:00pm - 4:00pm

##### Mah Jong

Tues. & Fri. 12:00pm - 4:00pm

##### Pinochle

Wed. 12:00pm - 4:00pm

##### Bridge

1st & 3rd Thurs. 12:00pm - 4:00pm

##### Mind Beggars

2nd & 4th Thurs. 2:00pm - 4:00pm

Long Beach Island Health Department (LBIHD)

#### **Blood Pressure Screenings**

2nd Tuesday of the month from 11am-11:30am  
Room 102

## VOLUNTEERING & COMMUNITY

### Volunteering is a Community Tradition at St. Francis

Each year, over 1,100 people volunteer countless hours of service in order to help others. Our volunteers make things happen throughout our community, and inspire all of us with their compassion, energy, enthusiasm and stamina.

### Volunteer opportunities are available in the following areas:

- Youth Basketball Coaches
- Poster & Brochure Distribution
- Festival of the Sea
- 18 Mile Run
- Super Plunge Sunday
- Special Events
- Human Concerns

If interested in volunteering please fill out a volunteer application. Applications can be found online at: [stfranciscenterlbi.org](http://stfranciscenterlbi.org) or at the Front Desk of the Community Center.

# COUNSELING SERVICES

**By Appointment – Call 609-494-1554**

Monday & Friday, 9:00 AM to 5:00 PM

Tuesday through Thursday, 9:00 AM to 9:00 PM

St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues. Services are available to all regardless of race, sex, age, disability, income or religious affiliations. Master-level therapists provide all professional counseling services.

**Sessions are offered both virtually and in-person, depending on preference.**

**Hotline Information: 24-hour Confidential Sexual Violence**

**Hotline: 609-494-1090**

## AVAILABLE THERAPY OFFERINGS

- **General Mental Health Services:** Individual, Couples, and Family Therapy for residents of southern Ocean County from Lacey to Tuckerton on a sliding scale rate. Please call 609-494-1554 to register.
- **Survivors of Sexual Abuse, Sexual Assault and other violent crimes:** Individual therapy and support for survivors of sexual abuse, assault, and other violent crimes and their family members who are residents of Ocean County. There is no fee for this program. Please call 609-494-1554 to register.
- **Perinatal Mood & Anxiety Disorder Support Program:** Free and confidential counseling services for Ocean County residents with children under the age of three, experiencing postpartum distress. Services address new parenthood struggles, Perinatal Mood and Anxiety Disorder (PMAD), infertility, miscarriage, sudden infant death syndrome and trauma.

## CURRENT GROUP THERAPY OFFERINGS

- **Journey Through Grief:** This program is designed to help individuals of all ages to work through the normal stages of grief with education and group support. The program stresses that grief is a journey, a natural and normal reaction to a significant loss in our lives. Education and support can ease our way on this journey. There is no fee for this program. Please call 609-494-1554 to register.
- **Parenting AFTER:** This program is designed to provide support and education for parents of children who have been sexually abused. The program allows parents to get support for their children and themselves in a confidential space. There is no fee for this program. Please call 609-494-1554 to register.
- **Surviving to Thriving :** This program is designed to connect survivors of sexual abuse and assault to a supportive. The program is for all survivors, ages 18 and up, regardless of how recently the abuse or assault occurred. There is no fee for this program. Please call 609-494-1554 to register.

## ADVOCACY AND PREVENTION

- **Confidential Sexual Violence Advocate Program:** St. Francis Counseling Service Sexual Abuse and Assault Program trains volunteers to assist with the 24-hour hotline and hospital/police station accompaniments. Once training is completed with our Sexual Violence Advocate Coordinator, volunteer advocates will be on call to provide crisis intervention, education and resources to survivors of sexual abuse and assault. Our next training workshop begins in September 2024– call 609-494-1554 for more information.
- **Community Education for Prevention:** Our Sexual Abuse and Assault Program Coordinator provides free community trainings to schools, youth organizations and other community programs. Call 609-494-1554 to schedule a training.

# EDUCATIONAL & CAREER SERVICES

## **Adult Education Program**

Eligible participants will receive individualized education and job readiness plans. Program provides the opportunity to increase participants educational levels to enter training, obtain HS Diploma, learn English and career/job skills to achieve self-sufficiency.

## **Gateway to Success**

Eligible participants will gain employability skills through a variety of workshops, identify barriers to employment, resume building, work readiness credential and computer skills. Each participant will create an individualized plan to build skills towards self-sufficiency.

## **The Senior Employment Assistance Program (SEA)**

New for the 23-24 FY! The Senior Employment Assistance Program (SEA) is available to Ocean County residents, age 55 & up, who have experienced a financial hardship due to the COVID-19 pandemic, or, those who are looking to enhance their skillset and return to the workforce. The SEA Program is dedicated to empowering individuals in the golden years of their lives by breaking down the barriers associated with age. Our mission is to cultivate an inclusive and dynamic environment where seniors can discover, enhance, and apply their skills, knowledge, and experiences, irrespective of age. We believe that age should not be a limiting factor in pursuing meaningful and fulfilling employment opportunities. Through tailored support, skill development, and personalized career guidance, we strive to redefine the narrative surrounding senior employment, fostering a community that values the wealth of expertise our seniors bring to the workforce. At the Senior Employment Assistance Program, we are committed to creating a future where age is not a hindrance but a source of strength, resilience, and unmatched value. Services include, but are not limited to: Assistance with soft/hard skills, on-the-job training/work experience, resume building, interviewing skills, technology & career training, linkages to community resources, overcoming barriers and counseling services.

**All participants must be verified for eligibility through the Ocean County PIC Office. Programs funded through a grant provided by the Ocean County Department of Human Services.**

**For additional information call 732-281-8653**

## **Interfaith Health & Support Services**

We have joined with many other churches and organizations to help respond to the needs of our community by becoming a part of the Interfaith Health and Support Services of Southern Ocean County.

**We are in need of more volunteers for this service, which offers:**

Visiting people with special needs, Driving a person for medical treatment, Shopping for a homebound person, Calling a lonely person, Assisting a visually impaired person, Relieving a primary caregiver

**If you can help in any of these areas, please call the Interfaith Health & Support Services office at 609-978-3839.**

# FAMILY SUPPORT SERVICES

Monday - Friday; 9:00 AM - 4:00 PM  
609-494-8861 ext. 197

Services are funded through grants from the NJ Department of Human Services and the NJ Department of Children and Families.

The Family Support Department provides a wide range of grant funded services for families and individuals through Southern Ocean County.

**Parenting in Recovery** – The Parenting in Recovery program uses the same Curriculum as the Parenting Program and focuses on supporting families with substance abuse histories. Parents explore the effects of substance abuse on themselves and their families while learning effective parenting skills that strengthen family relationships. The Parenting in Recovery program is a 12-week psychoeducational group.

**Parenting Workshops and Groups** – The Parenting Program is an 12-week psychoeducational group designed to meet the specific needs of participating parents. Parenting Groups and Workshops are interactive and targeted towards parents whom are 18 years and older. The program utilizes films and group discussions to encompass multiple aspects of child development, discipline techniques, self-esteem and co-parenting. This program is provided at sites throughout Ocean County.

**Violence Prevention: Anger Management Program** - The Anger Management program is an 12-week psychotherapeutic group. Groups focus on supporting participants to learn how to manage their anger and the life stressors that cause unhealthy expressions of anger. Participants learn to identify triggers, explore the types of anger, substance abuse and enhancing healthy coping skills. Anger Management groups are offered to Ocean County residents. The program cost is \$360.

## In Home Services

**Parents as Teachers** - TIP II Program – A grant funded voluntary in-home parenting program. Parents as Teachers is a Nationally Accredited program that provides infant and child developmental education and referral services to Southern Ocean County residents who are pregnant or have children under the age of 3 years.

**Maintaining the Integrity of Spanish Speaking Families (MISSF)**- The MISSF program is an in-home program which provides accessible and comprehensive Spanish in-home parenting skills training, in-home therapy and case management services. This program supports permanency with children and families by averting out of home child placements. Families must be referred by the Ocean County Division of Child Protection and Permanency.

## Auto Ownership of Ocean County

Used, rehabilitated cars are offered to TANF\* recipients for whom transportation is a major barrier to employment. Cars are donated, repaired, and turned over to clients involved in a working or training activity of the Ocean County TANF program. Clients may also receive insurance assistance, driving lessons, and help with car repairs. Eligible participants must be referred through the Ocean County Board of Social Services. \* Temporary Assistance for Needy Families

## FAMILY SUPPORT SERVICES

### Human Concerns

Human Concerns Food Pantry is one of the largest in Ocean County that distributes food items and personal hygiene products to families in need. The Human Concerns Program is a homeless prevention program that serves clients living in Southern Ocean County. When funding is available, the program assists clients with utility and housing issues through grants from a variety of sources including, but not limited to; the Acme Foundation, St. Elizabeth's Mission Society, Ocean First Foundation, and the Emergency Shelter and Food Programs. Donations are received from collections at St. Francis Parish, local food drives and private donors. Monetary or Non-perishable donations may be mailed or dropped-off at St. Francis Community Center during regular business hours or visit our website to make a donation via PayPal.

**Monday –Thursday 10:00AM - 2:00 PM** \*closed Fri., Sat. & Sun.

**To contact Human Concerns please call 609-494-8861 ext. 171 or 172.**

### **Annual Projects Include:**

- ◆ **Spring Dinner Project:** This project was added to our annual projects in 2022. The Spring Dinner Project serves 150 families with fixings to make an Easter Dinner including Ham, Turkey or Fish options and a pie for dessert.
- ◆ **Back-To-School** - Provides 100 families with school-aged children, with the basic needs of starting a successful school year. Please visit our Amazon wish-list if you would like to donate school supplies.
- ◆ **Thanksgiving** - Provides approximately 250 families with all of the fixings for a traditional Thanksgiving meal.
- ◆ **Gift of Warmth** - This project serves approximately 250 Families each year. The goal of the Gift of Warmth Project is to provide children with a minimum of two wishes of warm clothing, shoes, snow boots, hats, gloves, scarves, and winter jackets.

**To receive Human Concerns Food Pantry Updates, text that keyword “PANTRY” to 833-511-0760**

## SELF-HELP ANONYMOUS GROUPS

### Alcoholics Anonymous

For information on area meetings and locations, call 609-494-8861 or 609-641-8855.

### **AA HOTLINE ~ 609-494-5130**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope to maintain continuous sobriety through a 12 step program of recovery, and to help other alcoholics to achieve sobriety.

### Al-Anon

**Thursday, 7:00 - 7:30 PM (Beginners); 7:30 - 8:30 PM (Open Meetings)**

Al-Anon is a fellowship of family members and friends of alcohol/drug abusers, who share their experience, strength and hope with one another.

# St. Francis Community Center Class Registration Form



**Please see Page 2 for registration information. No registration will be accepted over the phone.**

Family Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please complete the information below for each individual registering for a class:

Name	D.O.B	Class	Code	Fee

If you would like to purchase or renew a membership, please check appropriate line(s):

- \_\_\_ 6 Month Senior Pool Membership      \$ 245.00
- \_\_\_ 1 Year Senior Pool Membership        \$ 305.00
- \_\_\_ 3 Month Pool Membership                \$ 160.00
  
- \_\_\_ 6 Month Individual Pool Membership    \$ 275.00
- \_\_\_ 1 Year Individual Pool Membership     \$ 340.00
- \_\_\_ 6 Month Family Pool Membership       \$ 520.00
- \_\_\_ 1 Year Family Pool Membership         \$ 855.00



Member Name: \_\_\_\_\_

D.O.B. \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Mail all registration forms to:  
 St. Francis Community Center  
 4700 Long Beach Blvd.  
 Long Beach Township, NJ  
 08008**

**Total Amount Enclosed: \$ \_\_\_\_\_**

**Must complete Emergency Contact and include signature on other side.**

# St. Francis Community Center

## Community Center Class Registration Form ~ Page 2

### ONE EMERGENCY CONTACT NEEDED

(If attempt to reach parent or guardian is unsuccessful,  
the following person will be contacted):

Name of Contact (Other than parent or guardian):

Phone: \_\_\_\_\_ Street Address: \_\_\_\_\_

Medical Condition(s): \_\_\_\_\_

### In case of an emergency, permission is needed to take necessary measures for treatment.

I realize that accident insurance is not provided for participants in the Center's programs. I give permission for my child, and/or myself, to be treated in an emergency situation.

I, and/or my child, agree to abide by all rules of St. Francis Community Center or will be subject to forfeiture of membership privileges.

I understand that a 75% refund will be issued for medical reasons only, and a physician's statement must accompany the request.

I understand that memberships and classes are non-transferable.

I give my permission for the use of photos of myself and/or my children for promotional purposes.

Signature

Date



Participating  
Agency  
United Way of  
Ocean County

4700 Long Beach Blvd.  
Long Beach Twp., NJ  
08008-3926  
609-494-8861

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