



# BAYSHORE FAMILY SUCCESS CENTER

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Monday & Tuesday: 9 AM – 5 PM

Wednesday & Thursday: 11 AM – 7 PM

Friday: 9 AM – 3 PM

Saturday 10 AM – 12 PM

LET'S CONNECT!




[TheCommunityYMCA.org/bfsc](http://TheCommunityYMCA.org/bfsc)

[Facebook.com/BayshoreFSC](https://Facebook.com/BayshoreFSC)

## August 2018

**Social & Emotional Confidence.** August is a good time to prepare kids to go back to school. Talk to your kids about changes in their summer friends. Find out if they feel anxious and allow them to express their feelings. Traditions like back-to-school shopping, practicing morning routines, and planning a last summer fun day can provide outlets for children's anxiety and get them excited to go (or back) to school.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Book Club</b> <b>Book:</b> "Rules of Civility" by Amor Towles	 	<b>1</b> <b>4:30pm</b> Drop In Lego Club, BFSC	<b>2</b>	<b>3</b>	<b>4</b> <b>10am-12pm</b> Summer Packet Help <b>10:30am</b> Financial Peace University, BFSC	
<b>5</b>  <b>National Family Fun Month</b>	<b>6</b>	<b>7</b> <b>9:30am</b> Stroller Class, BFSC	<b>8</b>	<b>9</b> <b>10-11am</b> Tots-R-Us, BFSC	<b>10</b>	<b>11</b> <b>10am-12pm</b> Summer Packet Help
<b>12</b>  <b>National Parks Month</b>	<b>13</b> <b>10am</b> Kite Day, Harborside Park, Atlantic Highlands <b>2:30-4:30pm</b> Child Care Resources, BFSC	<b>14</b> <b>9:30am</b> Stroller Class, BFSC <b>10am</b> Grandparents Group, Atlantic Highlands Library	<b>15</b>	<b>16</b> <b>10am-1pm</b> School Supply Health Fair, BFSC	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>10am</b> Walking Club, Beachway & Main, Keansburg	<b>21</b> <b>9:30am</b> Stroller Class, BFSC	<b>22</b>	<b>23</b> <b>4pm</b> Family Fun Craft, First Day of School Signs, BFSC	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>10am</b> Walking Club, Beachway & Main, Keansburg	<b>28</b> <b>9:30am</b> Stroller Class, BFSC	<b>29</b>	<b>30</b> <b>6-7pm</b> Bayshore Book Club, Union Beach Library	<b>31</b>	 <small>The Center is operated by The Community YMCA and funded by the New Jersey Division of Family and Community Partnerships.</small>

## August Activities

Augusts is: **National Family Fun Month**  
**National Parks Month**

**Book Club Book:** "Rules of Civility" by Amor Towles

### Application Assistance:

- Child Care Resources will be on site helping families find child care: August 13, 2:30-4:30pm, Bayshore Family Success Center, Leonardo.
- Fulfill will have a Benefits Outreach worker available to assist with the application process for SNAP, GA, TANF, and Medicaid applications. Call for an appointment. Bayshore Family Success Center, Leonardo.

### Support Groups:

- Grandparents Group: Tuesday, August 14, 10am. Join our grandparents group and learn valuable information, share resources and help in the development of needed programs and activities. Atlantic Highlands Library, Atlantic Highlands.

**Community Advisory Committee Meetings:** Each community has its own Community Advisory Committee (CAC) that meets once a month and helps direct the initiatives of the Center. We help implement the programs and events that your community needs and wants. All are welcome, be on the lookout for the meeting in your town! For more information, contact [amaresco@cymca.org](mailto:amaresco@cymca.org).

**Life Skills:** We offer a variety of programs and activities to help you succeed in life!

- Summer Packet Help & Tutoring: Saturday August 4 & 11, 10 am – 12 pm. Help with the summer homework packets & summer reading is available at three locations: Keyport Library, Union Beach Library and Bayshore Family Success Center, Leonardo. **Pre-registration required.**

**Family Fun!:** Join members of the Bayshore Family Success Center at various locations throughout the month for family fun and entertainment!

- Walking Club: Mondays, 10am. (No walk 8/6 or 8/13). Meet new people and get fit at the same time! We meet every Monday at 10 am in the parking lot on Beachway & Main, Keansburg and walks for 30 minutes.
- Drop in Lego Club: Wednesday, August 1, 4:30pm. Drop by and play with our extensive Lego collection! All are welcome. Bayshore Family Success Center, Leonardo.
- Mom & Me Stroller Workouts: Tuesdays 9:30-10:30am. Moms of all fitness levels with one or more stroller-aged children are welcome. These total body work outs will incorporate strength, cardio, and flexibility and will have you leaving class feeling both energized and connected. Do something for you with your little one in tow! Bayshore Family Success Center, Leonardo.
- Tots-R-Us Story Time & Play Group: Thursday August 9, 10-11am. Let your toddler's curious mind grow and listen to their giggles as we take an adventure through interactive stories, action songs, finger-play and art. Bayshore Family Success Center, Leonardo.
- Kite Day: Monday, August 13, 10am. Join us at Harborside Park in Atlantic Highlands. We will make our own kites and then fly them!
- School Supply Health Fair: Thursday, August 16, 10am – 1 pm. Visit with our health providers, get free screening, and learn how to take better care of yourself and your family. We will also have school supplies for all attendees, so be sure to stop by!
- Family Fun Craft Day: Thursday, August 23, 4:00pm. Make your very own "First Day of School Sign" and frame! Commemorate the start of the school year and make a Pinterest worthy sign to display! Bayshore Family Success Center, Leonardo.
- Bayshore Book Club: Thursday August, 30, 6 pm. This month we are reading "Rules of Civility" by Amor Towles.

**The Bayshore Family Success Center extends a heartfelt thank you to Community Health Center | Visiting Nurse Association of Central Jersey | Children & Family Health Institute for being our Community Partner of the Month.**