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AUGUST



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|---|
| Hours of Operation: Mon, Wed, Thurs, Fri: 9:00am-5:00pm (Friday: staff works remote) Tuesday: 9:00am-7:00pm Saturday y Sunday: Closed <u>Hours may vary, please call to confirm.</u> | | | Free FAX, Scans & Copies Need Help Filling out an Application? For more information please call or stop by | | 1 | 2 |
| 3 | 4 | | 6 | 7 11:30am-12:30pm Family Exercise Virtually | 8 | 9 11:00am-3:00pm Fun in the Sun Outreach Event w/Vision of Hope |
| 10 | 11 3:30pm-5:00pm Movie Night | 12 12:30pm-1:30pm Nutrition Workshop & Grilling with CrossRoads4Hope | 13 Citizenship Classes w/ BOAZ/PRAB (Registration Required) | 14 | 15 2:00pm-5:00pm Salvation Army Community Resource Fair | 16 |
| We welcome all walk-ins. We ask that you contact us before coming in for help with an urgent matter. We want to ensure that we are available to attend you. Find us on FB & Instagram : Email: harmonyfsc@prab.org | | | 20 | 21 Ready , Set Back To School Backpack Giveaway (Registration Required) | 22 | 23 Baby Formula Distribution (Call For Appointment) |
| 24 31 | 25 | 26 3:30pm-5:00pm Lets Eat Watermelon & Paint | 27 Citizenship Classes w/ BOAZ/PRAB (Registration Required) | 28 1:00pm-2:00pm Meet Soluna Virtual Workshop | 29 CLOSED Office Close For Labor Day | 30 |

Description of Activities– August 2025

Citizenship Classes w/BOAZ-PRAB: 08/06, 08/13, 08/20, 08/27:

Every Wednesday ([Prior registration required](#)) This FREE course is for permanent residents ONLY and will take place in Harmony FSC.

[Please call for more information.](#)

Nutrition Workshop & Grilling w/Crossroads4hope- 08/12 (12:30pm-1:30pm):

Join us for a special Summer Day event, come and enjoy at Harmony FSC while you learn about healthy recipes & nutrition.

Lets Eat Watermelon & Paint 08/26 (3:30pm– 5:00pm):

Join us for these FREE, fun-filled family activities & FREE a slice of watermelon . No registration required, but supplies are limited. Contact us if you have any questions or concerns.

Movie Night-08/11(3:00pm-5:00pm):

Parents bring your family for a fun movie night . Come relax and grab FREE freshly popped popcorn and immerse yourself in the movie magic.

Meet Soluna Virtual Workshop-08/28 (1:00pm-2:00pm):

Soluna is a free mental wellness app designed specifically for teens in New Jersey. It's a great resource for young people to explore their mental health, find support, and access valuable tools for well-being. If you're curious to learn more about how Soluna works log in via zoom .

Family Exercise Virtually-08/07(11:30am-12:30pm):

Join us virtually for some light workouts and stretching that everyone can enjoy. It's a great opportunity to stay active together and have some fun, all from the comfort of your home.

Ready, Set Back To School Backpack Giveaway- 8/21(5:00pm-7:00pm):

Previous Registration Only

We are happy to announce that we will be holding our 7th annual backpack drive. We will provide Free backpacks and school supplies for children in grades K-12. Registration in advance is required to be able to receive backpacks.

Please call for information on how to register.

Supplies are limited. First come, first serve

Fun In The Sun Outreach Event With Vision Of Hope - 08/09 (11:00am-3:00pm):

Salvation Army Community Resource Fair 09/15 (2:00pm-5:00pm):

Join Harmony FSC on upcoming outreach events happening in the community. It's a great opportunity to connect, learn more about the resources available, and meet new people. Call us for more information and details.

ALL ARE WELCOME TO PARTICIPATE IN OUR FREE SERVICES!

*For more information about services and scheduling,
or to register for an activity call us at 732-640-0800*

Important Message

Our office will be closed August 29

