



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

OCTOBER NEWSLETTER 2026 • VOL. 7



Photo: Two small orange pumpkins and one white pumpkin resting on a wooden surface.

In this month's edition...

Core Services • Page 2

Community Spotlight • Page 3

Our Stories: Housing Event • Page 4

Access to Art • Page 5

Support Groups & Activities • Page 6 & 7

Calendar & Life Skills • Page 8 & 9

Collaboration Activities • Page 10

From our ACIL family to yours...

Happy October! We are excited to continue empowering individuals through advocacy, education, and community engagement while celebrating the achievements and partnerships that strengthen our mission. We hope this month's updates, events, and success stories inspire you to stay involved and connected throughout the fall season.

Atlantic Center for Independent Living

160 S. PITNEY RD., UNITS 3 & 4, GALLOWAY, NJ 08205
PHONE: (609)748-ABLE (2253) | ATLANTICCIL.ORG

Our Mission

Atlantic Center for Independent Living, Inc. is a center that assists individuals with disabilities to live and work as independently as possible.

Our core services include:

Information & Referral

Information about & referrals to services and organizations that can help you achieve your independence.

Advocacy

Staff assist individuals with personal issues to advocate for what they need. Systems advocacy identifies issues that affect others within the community and develop strategies to bring about systems change.

Peer Support

We believe that individuals experiencing the same issues (peers) are in the best position to support one another dealing with similar experiences.

Life Skills Training

Services are designed to assist you in gaining the skills necessary to live independently in your community.

Transition Services

Youth: Our youth services provide support and guidance to students transitioning from school to adult life with a strong emphasis on employment.

Seniors: Atlantic staff can assist seniors living with disabilities to ensure they are receiving benefits and services designed to ensure the greatest independence possible with the goal of remaining within their communities.

Atlantic Center for Independent Living, INC



Community Spotlight

Community Walks

With Coach Tadriss & Friends
Tuesdays and Thursdays at 5:15pm
Text "WALK" to (609)418-9488 More Details.



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The Intensive Family Support Services
is a program of the MHAAC

BENDED BONDS

A support group for those with a loved one living with mental illness.

NON-JUDGMENTAL SUPPORT
EDUCATION
RESOURCES
INFORMATION

You are not alone!

1ST AND 3RD TUESDAY OF
THE MONTH
7:00PM

MENTAL HEALTH ASSOCIATION IN ATLANTIC COUNTY
4 E. Jimmie Leeds Rd, Suite 8, Galloway



For More Info :
GCHRISTIAN@MHANJ.ORG
OR CALL 609-652-3800 X0301



Absecon Community Center for Seniors

Great Hall * ALIMC - 100 Pitney Road - Absecon, NJ 08201 Phone: (609)645-0013
www.facebook.com/AbseconSeniorCenter Email: seniorcenterumc@gmail.com



October Events 2026

"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween"

ACTIVITIES Free to ALL Atlantic County SENIORS aged 60+

Thursday October 1st	10 am: Chair Yoga with Elaine Sherma 11 am: Medicare Changes in 2022 with Question & Answers with Janice Scarinzi 12 pm: ZUMBA Gold - WELCOME BACK KYMBAH!!!
Tuesday October 6th	10 am: Tai Chi/Qi Gong with Diane 11 am: In honor of Breast Cancer Awareness Month - Discussions with Jay 12 pm: BLINGO!!! Diamond Dot Bling + Bingo+ Dazzling Diamond Craft Fun!!!
Thursday October 8th	10 am: VIVO Group Strength Training & Fitness Demonstration Class ~ Live group personal training workout class. Designed to strengthen body & cognitive health 11 am: Patient Care Discussions & Questions with Jenna 12 pm: ZUMBA Gold with Kymbah
Tuesday October 13th	10 am: Tai Chi/Qi Gong with Diane 11 am: Adaptive Technique Solutions For Safety & Independence with Lou 12 pm: STRENGTH & STRETCH - STRETCHBANDS WORKOUT **Bands Provided
Thursday October 15th	10 am: Chair Yoga with Andee Parker Nave 11 am: The Importance of Planning Ahead~ Michelle Orr, Godfrey Funeral Home 12 pm: ZUMBA Gold with Kymbah
Tuesday October 20th	10 am: Tai Chi/Qi Gong with Diane 11 am: Medicare Educational Seminar with Felicia Bishop from NPF 12 pm: CVS Flu & Covid Vaccination hour ~ Offering a Season of Protection! *VIVO~ Strength building fitness workout~ Live Group personal Training
Thursday October 22nd	10 am: Chair Yoga with Elaine Sherma 11 am: GHOSTLY HALLOWEEN CRAFT~ for us guys and ghouls *No Afternoon Exercise*
Tuesday October 27th	10 am: Tai Chi/Qi Gong with Diane 11 am: Celebrating a very special lady who's celebrating a beautiful milestone! With Centennial Trivia *No Afternoon Exercise*
Thursday October 29th	10 am: *VIVO~ Strength building fitness workout with live personal training 11:15-1pm: FOOD FOR FRIGHT: A Spooktacular Guide to Healthy Eating With Dietician Marissa, and Education Information with Michele and Beth *No Afternoon Exercise*



NFB South Jersey Shore Chapter

10:00am – 12:00pm

Next Meeting: October 17th

Ocean City Library, 1735 Simpson Ave. (17th St. Entrance)

For more information contact: President Ed Garcia at 650-759-0470

Please visit: <https://www.nfbnj.org/chapters/south-jersey-shore-chapter/>

Our Stories

Community leaders, housing advocates, and industry professionals recently gathered at the Carriage House in Galloway to discuss how public-private partnerships can expand affordable housing opportunities across New Jersey. The event highlighted innovative solutions, collaborative strategies, and a shared commitment to turning discussion into action. Panelists included Adenah Bayoh, Chris Pugliese (AHA), Colleen Velez (DCA), Janel Winter (DCA), Shauna Hutsell (AIM), and Jonathan Sternesky (HMFA). The discussion was moderated by Taiisa Kelly, Chief Executive Officer of Monarch Housing Associates, who guided a thoughtful conversation on the challenges and opportunities surrounding affordable housing development. A special introduction was given by Atlantic Center for Independent Living's Executive Director, Donald Campbell. His remarks underscored the importance of working together to address one of the region's most pressing needs and reinforced ACIL's commitment to supporting initiatives that expand community inclusion and independent living opportunities.

“This initiative was funded (or funded in part) by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.”



Photos: Organizers and supporters of the event, panelists and attendees of Opening Doors - Affordable Housing Through Public - Private Partnerships.

Access to Art Starts Again September 8th!

ACCESS to ART



ATLANTIC
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DATES FOR 2026

March 10

April 14

May 12

June 9

September 8

October 13

November 10

December 8

Join us each month for a fun, all-levels art session where you can explore your own ideas or follow along. No experience necessary! All supplies provided. Please arrive early so that the program can begin on time.

TIME

6:00 - 8:00 PM

LOCATION

The Atlantic Center for Independent Living,
160 S. Pitney Road, Suite 3-4, Galloway, NJ

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all. For accommodations, contact Michael Cagno, mcagno@noyesmuseum.org, 609-626-3420



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THE NOYES
arts garage
STOCKTON UNIVERSITY



Noyes
Museum of Art
STOCKTON UNIVERSITY

STOCKTON
UNIVERSITY



New Jersey
visitnj.org

THE NOYES
arts garage
STOCKTON UNIVERSITY

CITY OF ATLANTIC CITY
MULTI CULTURAL
EXCELLENCE

RevolutionNJ
PROUD PARTNER



Atlantic Center for Independent Living, INC

5

Caregivers Coalition



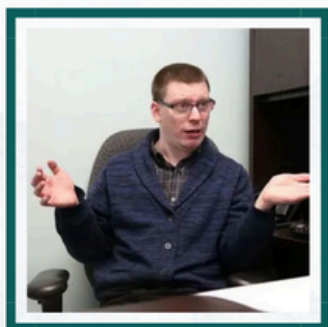
The Cape Atlantic Caregivers Coalition presents...

Demystifying Applying Social Security Disability & Social Supplemental Income Applications *Explained*

Presented by Donald Campbell, JD, Director of the Atlantic Center For Independent Living, this webinar will teach the basics of eligibility, common steps in the process, documentation and information you may need, and tips to help you move forward.

Don't miss this opportunity to get your questions answered—Register for free!

October 20th at 6:30 PM



Zoom ID: 819 1854 2197

Password: 981521

Donald Campbell is a lifelong resident of Atlantic County, growing up in Egg Harbor Township and attending Egg Harbor Township High School. He graduated Atlantic Cape Community College and Stockton University with his bachelor's degree in Political Science. Donald went on to Widener University Delaware Law School and has his JD.

Cape Atlantic Caregivers Coalition (CACC) is a collective group of organizations, agencies, businesses, and individuals dedicated to supporting and recognizing the efforts of caregivers.



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6

Virtual Support Groups & Activities

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4

Atlantic CIL Weekly Activity Links

Life Skills | Monday | 1pm | Zoom

<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1>

Call In: 1-346-248-7799 | Meeting ID: 830 0758 5374 | Passcode: 248110

Sketchbook Club | Monday | 3:30pm | Zoom

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>

Call In: 1-309-205-3325 | Meeting ID: 838 5439 1536

Socialization and Wellbeing Group | Tuesday | 1pm | Zoom

<https://us02web.zoom.us/j/88558466172>

Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

Peer-to-Peer Support Group | Wednesday | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096?pwd=4NvYwgyaO0zkFbbrL7TLC6M7BjNq1J.1>

Call In: 1-301-715-8592 | Meeting ID #: 854 4918 0096 | Passcode: 485855

Life Skills | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/84002836340?pwd=bc1DUppeQKS5Q7CFMhsNqGbc28bS9x.1>

Call In: 1-646-558-8656 | Meeting ID #: 840 0283 6340 | Passcode: 155686

Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA

Visit: <http://www.mhaac.info/ubw.html>

Community Walks with Coach Tadriss, Tuesdays & Thursdays at 5:15pm

Text "WALK" to (609)418-9488 More Details.

Access to Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL

Visit <https://noyesmuseum.org> for details.



Monthly Calendar



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October

Activities & Support Groups

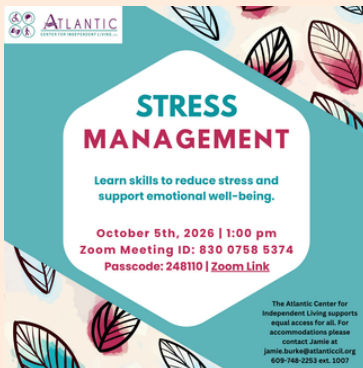
SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Life Skills 6pm</u> Community Walk 5:15pm	2	3
4	5 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	6 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	7 <u>Peer to Peer 2pm</u>	8 <u>Life Skills 6pm</u> Community Walk 5:15pm	9	10
11	12 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	13 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm 	14 <u>Peer to Peer 2pm</u>	15 <u>Life Skills 6pm</u> Community Walk 5:15pm	16	17
18	19	20 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	21 <u>Peer to Peer 2pm</u>	22 <u>Life Skills 6pm</u> Community Walk 5:15pm	23	24
25	26 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	27 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	28 <u>Peer to Peer 2pm</u>	29 <u>Life Skills 6pm</u> Community Walk 5:15pm	30	31  HAPPY HALLOWEEN



Click on each group/activity title for active zoom link.
Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.

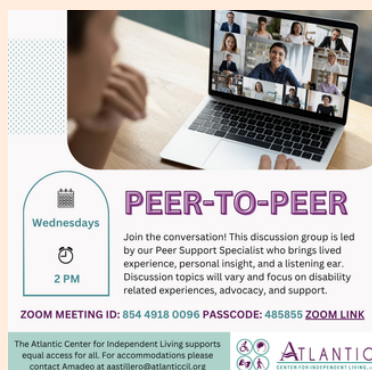


MONDAY

Mondays at 1pm with
Independent Living Specialist,
Jamie Burke
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



Wednesday



Wednesdays at 2pm with
Peer Support Specialist, Amadeo Astillero
[Zoom Meeting ID #:](#) 854 4918 0096
[Passcode:](#) 485855 | [Zoom Link](#)

THURSDAY



Thursdays at 6pm with
Independent Living Specialist, Jenny Walker
[Zoom Meeting ID #:](#) 850 6315 3999
[Passcode:](#) 154100 | [Zoom Link](#)

Collaboration Activities



Sponsored by:



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.
160 SOUTH PITNEY ROAD, SUITE 3 & 4
GALLOWAY, NJ 08205
(609) 748-2253 [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

MHANJ's United by Wellness (UBW), Virtual Wellness Center is offering the Whole Health Community, a collection of groups designed to support a whole-person approach to well-being. The Whole Health Community is proudly sponsored by the [Atlantic Center for Independent Living](https://atlanticcil.org). If you are interested in attending these groups, become a member of UBW.

Join UBW here:



7 PM – 8 PM MONDAYS– MENTAL HEALTH WRITING GROUP – FACILITATOR DENISE B.

TOPIC FOCUSED Each week a new reading will be presented about mental health. Members will take about 15 minutes to write on the reading. Afterwards members can choose to read off what they have written/ give feedback and reflect on other's shares. ** Due to this group's structure, participants will not be admitted after 7:30 PM. **

ACTIVITY

2 PM – 3 PM TUESDAYS– COPING SKILLS SUPPORT GROUP – FACILITATOR EMILY MCCALL

ACTIVITY This group is open to anyone interested in adding to their wellness toolbox! Each meeting we will try a new coping skill activity to support resiliency and process stress, and then after the activity, reflections will be shared. Types of activities include meditation, journal prompts, educational videos, and interactive games.

3 PM – 4 PM WEDNESDAYS– BETTER TOGETHER – FACILITATOR BIANCA C.

TOPIC FOCUSED This is a support group for individuals who struggle with a combination of physical and mental health challenges. Together we will discuss a topic surrounding the struggle of balancing physical and mental well-being. Let's support each other in our journeys to wellness!

4 PM – 5 PM FRIDAYS– BREAKING BARRIERS – FACILITATOR CAROLEE M.

ACTIVITY

TOPIC FOCUSED A support group where we will learn, grow, share, and become more empowered to break the barriers to have equal opportunities to live the life we want.

7 PM – 7:45 PM SUNDAYS– MEDITATION – FACILITATOR LIZZETTE S.

ACTIVITY Each meeting a 15–20-minute guided meditation will take place followed by open sharing of reflections and setting intentions for the week.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800