



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

SEPTEMBER NEWSLETTER 2026 • VOL. 6



Photo: A wooden crate filled with red apples on a grassy orchard path.

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From our ACIL family to yours...

Happy September from all of us at ACIL! As we look forward to exciting opportunities and activities ahead we are grateful for the continued support of our consumers, staff, families, and community partners. Thank you to everyone who participated in the Twist Ice Cream Social and Fundraiser and helped make it a success!

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

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Community Spotlight

Community Walks

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



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The Ground We Stand On:

Women on Wellness, Safety, Activism, and the Wisdom of Lived Experience

A PANEL DISCUSSION

The first ever **HERizon** IN-PERSON PANEL DISCUSSION: **The Ground We Stand On** Women on Wellness, Safety, Activism, and the Wisdom of Lived Experience

This **FREE** event will take place on Wednesday, September 16, 2026, from 12-1:30pm at Ocean County Library's Mancini Hall in Toms River, NJ.



PANEL MODERATOR
Amanda Chirelli
 Outreach Coordinator
 For The Independent Living
 Department At MOCEANS

**REGISTRATION
 REQUIRED:**



Amanda.Chirelli@moceanscil.org 732-755-0301

Date
 September 16, 2026
Time
 12-1:30pm
Location
 Ocean County Library
 Mancini Hall
 Toms River, NJ

HERizon
 A WOMEN'S GROUP BY MOCEANS CIL
moceans
 Center for Independent Living Inc.

PANELISTS

KELLY BOYD
 NJ Office of
 Emergency Management

JENNIFER HARRISON
 Director of Policy and
 The Art of NJ

KRYSTLE ALLEN
 President
 Eyes Like Mine

CARINA MARZEC, BA NJCEM
 Mercer County Office of
 Emergency Management

JACQUELYN GODFREY, BA DRCC
 180 Turning Lane Around

DAWN MASSABNI
 Don't Shout Me -
 Muddy Mountain Foundation

ACCESS to ART
Paint Party! FREE!
 Free art classes open to the public! Creating art to foster creativity and skill development through guided, interactive, and hands-on experiences.

DATES
 April 9, May 14, June 11, July 9, September 10, October 8, November 12, & December 10, 2026

TIME
 3:30 - 4:30 PM

LOCATION
 Family Success Center - Oceanside II
 3201 Atlantic Ave., Atlantic City, NJ 08401

To register, please call 609-594-4990, or email atlanticcoceanside2@gmail.com

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

ATLANTIC CENTER FOR INDEPENDENT LIVING, INC.
arts garage STOCKTON UNIVERSITY
THE MOVIES STOCKTON UNIVERSITY
Noyes Museum of Art STOCKTON UNIVERSITY
STOCKTON UNIVERSITY
New Jersey Department of Education
MULTI-CULTURAL Division of Cultural Affairs
Revelation NJ Division of Historic Preservation

NFB South Jersey Shore Chapter



10:00am – 12:00pm

Next Meeting: September 19th

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

Summer Fundraisers Bring Our Community Together

Our summer fundraisers at Five Guys in Absecon and Twist in Linwood were a wonderful success! Both events gave friends, families, staff, and community members a chance to gather, enjoy a meal or treat together, and support the mission of Atlantic Center for Independent Living. We are incredibly grateful to everyone who came out, shared the events with others, and helped make these fundraisers successful. A special thank-you goes to Five Guys and Twist for generously donating a portion of their proceeds back to ACIL. Your support helps us continue creating opportunities, providing resources, and promoting independence for people with disabilities throughout our community.



Access to Art Starts Again September 8th!



ACCESS to ART

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
CENTERS

RevolutionNJ
PROUD PARTNER



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CROPS Summer Fridays Program



Photos: CROPS Summer Fridays attendees.

 **FREE** roundtrip
jitney service for 

Fisherman's Park in Atlantic City

Fridays: June 5th - September 18th, 2026



shop at the Farmers Market - purchase fresh fruits, vegetables, and herbs with SNAP/EBT, WIC & senior summer produce vouchers, cash, and card



enjoy the Community Garden - we harvest **free** vegetables & herbs; **free** activities

Exceptions

- June 5th & 12th - jitney & garden activities, but **no Farmers Market**
- July 3rd - **no jitney, no Farmers Market, no garden activities**

★Jitney departure locations and schedule (up to 12 passengers - first come, first served)

Jitney A

- 1) **Community Haven** @3:45pm
35 Virginia Ave, Atlantic City
- 2) **Baltic Plaza** @4:15pm
1313 Baltic Ave, Atlantic City
- 3) **Atlantic City Townhouse** @4:25pm
1330 Mediterranean Ave, Atlantic City

Jitney B

- 1) **Jeffries Tower** @3:45pm
227 N Vermont Ave, Atlantic City
(main lobby entrance)
- 2) **Pleasantville Towers** @4:15pm
156 N. Main St, Pleasantville

★subject to change if necessary

Service provided by



www.cropsnj.org
CROPS Nonprofit
@cropsnonprofit
info@cropsnj.org



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Atlantic Center for Independent Living
@atlanticil



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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>

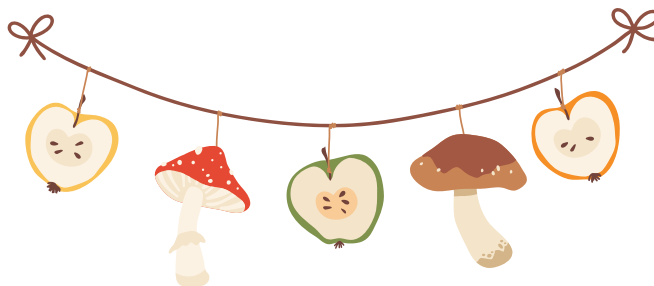
Community Walks with Coach Tadriss, Tuesdays & Thursdays at 5:15pm

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



SEPTEMBER

Activities & Support Groups

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

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.

Social Skills



Learn how to connect with others, build lasting friendships and express yourself with confidence.

September 14th, 2026 | 1:00 pm
Zoom Meeting ID: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext. 1007

MONDAY

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

Organization



Learn how to reduce stress, keep things tidy, and finish tasks on time.

September 21st, 2026 | 1:00 pm
Zoom Meeting ID: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext. 1007

Healthy Relationships

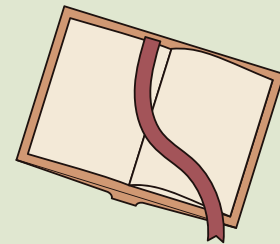


Learn how to build healthy relationships through respect, support, and positive communication.

September 28th, 2026 | 1:00 pm
Zoom Meeting ID: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext. 1007



Wednesday



PEER-TO-PEER

Join the conversation! This discussion group is led by our Peer Support Specialist who brings lived experience, personal insight, and a listening ear. Discussion topics will vary and focus on disability related experiences, advocacy, and support.

Zoom Meeting ID: 854 4918 0096 Passcode: 485855 Zoom Link

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Amadeo at aastillero@atlanticil.org



**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