



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

SEPTEMBER NEWSLETTER 2025 • VOL. 5



Photo: Apple placed atop school supplies.

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From our ACIL family to yours...

Happy September! A big thank you to all our supporters who joined us at Twist in Linwood for our Ice Cream Social and fundraiser. We loved sharing such a fun summer evening with you. We would like to send an extra special thank you to Twist for hosting us!

Atlantic Center for Independent Living, INC

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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 Tadris & Friends

Tuesdays at 5:15pm

Stockton University, Galloway

Call (609)748-2253 Ext. 4 or email
jburke@atlanticcil.org For More Details.



ACCESS to ART

LOCATION
Noyes Arts Garage of Stockton University
2200 Fairmount Ave., Atlantic City, NJ 08401

DATES
September 10 & 25, October 8 & 22,
November 12 & 26, December 10 & 17, 2025

TIME
11:00 AM - 1:30 PM

FREE!

Introductory visual art workshops
will be held for members of the
P.I.L.O.T. Services.

We Care.
P.I.L.O.T. Services

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

STOCKTON UNIVERSITY
New Jersey
arts-garage
ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.
THE NOYES
arts-garage
STOCKTON UNIVERSITY

"Book Club for Adults With Disabilities"
Read Love and Gelato by Jenna Evans Welch

Sept. 23, 24, 25 or 30th (A Tues, Wed or a Thur) (Whoever
reaches out with interest in joining us will let you know date
once closer to it and when know for sure.)

AT 7:30PM- 9:00 PM (EST)

Virtual on Google Meets

Let Reading be Your Escape



FREE EVENT

Lead by a self-advocate

Have a snack that relates to book and
do something creative that relates
to book; examples: Poem, Craft, Drawing, etc.

If you want to join us email
booksarecool1985@gmail.com



NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: September 20th

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



Photo: ACIL's Board Game Group



ACIL's Board Game and Puzzle Group continues to be a favorite monthly gathering. The group offers a wide variety of classic and modern board games, along with puzzles of all skill levels, making it easy for everyone to join in. Whether participants are longtime game enthusiasts or trying something new, the group provides a welcoming space where laughter, teamwork, and friendly competition bring people together.

“Board Game and Puzzle Group is fun, inclusive, and laid back—it’s a great way to meet people in person,” says Jamie Burke, one of ACIL’s Independent Living Specialists. Many attendees have shared that beyond the games themselves, the best part of the group is the friendships and social connections they build. With such a warm and inviting atmosphere, the group continues to grow and thrive, giving members a chance to unwind and share meaningful time together.

C.R.O.P.S.: Communities Revolutionizing Open Public Spaces

Summer Fridays

July 11 - September 19

Trip to

Fisherman's Park
Atlantic City

Go shopping at the...



Farmers Market
Purchase **local fruits, vegetables, honey & herbs** with **SNAP/EBT, WIC, summer vouchers, cash, & card**

Enjoy nature's beauty...



Community Garden
Try fun **garden activities** during Garden Club, harvest free **veggies & herbs**, & **explore nature!**

Free, roundtrip Jitney transportation

(up to 13 passengers - first come, first served)
to Fisherman's Park, from:

- 1) **Baltic Plaza** - departs 3:45pm, returns 4:45pm
1313 Baltic Ave, Atlantic City
- 2) **Altman Terrace** - departs 5:15pm, returns 6:15pm
1000 Arctic Ave, Atlantic City



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www.atlanticil.org



Atlantic Center for Independent Living



@atlanticcil



Questions: info@cropsnj.org



www.cropsnj.org



CROPS Nonprofit



@cropsnonprofit

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Art Is In The Making at Atlantic CIL



Art is In the Making: 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.

LOCATION

Atlantic CIL

160 S. Pitney Rd., Units 3 & 4, Galloway, NJ

HELD ON THE SECOND WEDNESDAY OF EACH MONTH

September 10 from 6:00 - 8:00 PM

October 8 from 6:00 - 8:00 PM

November 12 from 6:00 - 8:00 PM

December 10 from 6:00 - 8:00 PM

FREE!

Limited seating available. Email jburke@atlanticcil.org to save your seat.

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



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 | 2pm | 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

Social Group | Tuesday | 2pm | Zoom

<https://us02web.zoom.us/j/88558466172>
Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

Chronic Illness and Pain Group | Wednesday | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096>
Call In: 1-301-715-8592 | Meeting ID: 854 4918 0096

Health Connection Call | 2nd and 4th Wednesdays | 5:30pm | Zoom

<https://us02web.zoom.us/j/87297450944>
Call In: 1-646-876-9923 | Meeting ID: 872 9745 0944

Life Skills | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/85063153999?pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09>
Call In: 1-646-931-3860 | Meeting ID: 850 6315 3999 | Passcode 154100



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 Tadris, Tuesdays at 5:15pm

Contact Jen at jburke@atlanticcil.org, to join

Access to Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL
Visit <https://noyesmuseum.org> for details.

Board Game and Puzzle Group

2nd Mondays at 12pm at our Atlantic CIL Office



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Monthly Calendar



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September

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 <u>Social Group 2pm</u> Community Walk 5:15pm	3 <u>Chronic Illness & Pain Group 2pm</u>	4 <u>Life Skills 6pm</u>	5	6
7	8 <u>Board Game & Puzzle Group 12-2pm</u> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	9 <u>Social Group 2pm</u> <u>Digital Safety 3pm</u> Community Walk 5:15pm	10 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u> Art 6pm 	11 <u>Life Skills 6pm</u>	12	13
14	15 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	16 <u>Social Group 2pm</u> <u>Time Management 3pm</u> Community Walk 5:15pm	17 <u>Chronic Illness & Pain Group 2pm</u>	18 <u>Life Skills 6pm</u>	19	20
21	22 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	23 <u>Social Group 2pm</u> Community Walk 5:15pm	24 <u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	25 <u>Life Skills 6pm</u>	26	27
28	29 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	30 <u>Social Group 2pm</u> Community Walk 5:15pm				

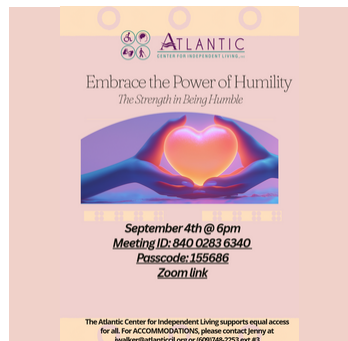
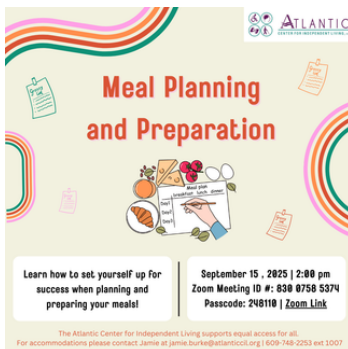
Click on each group/activity title for active zoom link.
Contact us for more information at jburke@atlanticil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

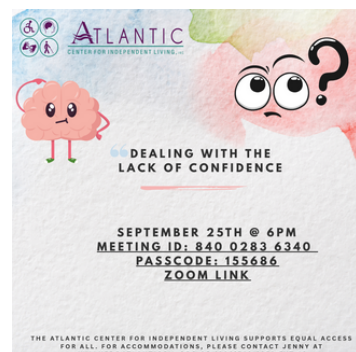
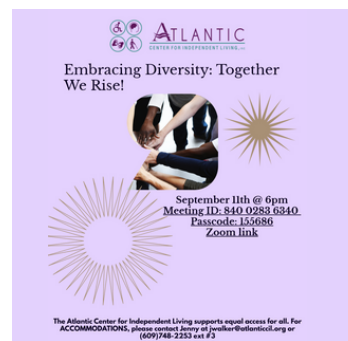
Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.



MONDAY
Mondays at 2pm with
Independent Living Specialist
Jamie Burke
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



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



Collaboration Activities



MONDAY

2-3 PM: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500

<https://zoom.us/join/97535873500>

THIS GROUP IS OPEN TO ANYONE INTERESTED IN ADDING TO THEIR WELLNESS TOOLBOX! EACH MEETING INCLUDES AN ACTIVITY AND AN OPPORTUNITY TO SHARE & REFLECT.

5-6 PM: MENTAL HEALTH WRITING GROUP

MEETING ID: 861 6663 5659

<https://zoom.us/join/86166635659>

EACH WEEK, A NEW READING WILL BE PRESENTED ABOUT MENTAL HEALTH. MEMBERS WILL TAKE THE TIME TO WRITE ON THE READING, AND CAN CHOOSE TO READ OFF WHAT THEY HAVE WRITTEN/GIVE FEEDBACK AND REFLECT.

TUESDAY

5-6 PM: LIFE AFTER LOSS

MEETING ID: 850 5917 9372

<https://us06web.zoom.us/join/85059179372>

JOIN US IN OUR OPEN SHARE/TOPIC BASED GROUP DEDICATED TO FINDING COMFORT, JOY, AND GROWTH FOLLOWING LOSS.

* THIS IS A CLOSED GROUP, MEMBERS WILL NOT BE ADMITTED AFTER 5:10PM. *

WEDNESDAY

8-9 AM: SHARE YOUR SUNSHINE

MEETING ID: 890 3553 9203

<https://zoom.us/join/89035539203>

THE PURPOSE OF THIS GROUP IS TO CREATE A COLLABORATIVE SPACE IN WHICH MEMBERS FROM DIFFERENT BACKGROUNDS CAN COME TOGETHER AND FIND CONNECTION, SUPPORT, AND JOY FROM EACH INDIVIDUALS INTERESTS. THE GOAL IS TO CREATE A SPACE THAT NURTURES EMPOWERMENT AND SELF FULFILLMENT. ,

3PM-4PM: BETTER TOGETHER

MEETING ID: 875 6132 4882 <https://us06web.zoom.us/join/87561324882>

TOPIC FOCUSED GROUP - 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!



To receive the zoom information in a daily newsletter become a member of United by Wellness today

<https://www.surveymonkey.com/r/8VXP2K8>



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

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6-7 PM: DEPRESSION SUPPORT GROUP

MEETING ID: 934 5705 3073

<https://zoom.us/join/zoom/93457053073>

THIS SUPPORT GROUP IS FOR THOSE LIVING WITH DEPRESSION TO SHARE EXPERIENCES AND RECEIVE SUPPORT FROM OTHERS WHO UNDERSTAND. GROUP MEMBERS BENEFIT FROM MUTUAL SUPPORT AND CONNECTION.

THURSDAY

4-5 PM: LIFE SKILLS

MEETING ID: 870 3716 4227

<https://us06web.zoom.us/join/zoom/87037164227>

LEARN ADAPTIVE, POSITIVE WAYS OF DEALING WITH THE DEMANDS AND CHALLENGES OF ALL FACETS OF EVERYDAY LIFE, SUCH AS FAMILY, RELATIONSHIPS, WORK, ENVIRONMENT, SELF-CARE, RESILIENCE, AND MORE.

FRIDAY

2-3 PM: LIGHT BULB- A GROUP FOR YOUR THOUGHTS

MEETING ID: 995 1443 1197

<https://zoom.us/join/zoom/99514431197>

DURING THIS GROUP REFLECTION QUESTIONS ABOUT VARIOUS WELLNESS TOPICS WILL BE SHARED AND THEN EXPLORED AS A GROUP. EACH GROUP WE WALK AWAY LEARNING SOMETHING NEW!

4-5 PM: BREAKING BARRIERS

MEETING ID: 885 2514 6106

<https://us06web.zoom.us/join/zoom/88525146106>

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.

SATURDAY

11 AM-12 PM: PUT OFF PROCRASTINATION

MEETING ID: 891 6577 9251

<https://us06web.zoom.us/join/zoom/89165779251>

WHETHER IT'S FINISHING A CHORE, WORKING ON A PROJECT, OR EVEN STARTING A NEW HOBBY, LET'S START PUTTING OFF PROCRASTINATION TOGETHER.

SUNDAY

10-11 AM: OVERCOMING OBSTACLES

MEETING ID: 891 6452 0279

<https://us06web.zoom.us/join/zoom/89164520279>

THIS IS A SAFE SPACE FOR INDIVIDUALS WHO HAVE COMMON EXPERIENCES, FEELINGS, AND STRUGGLES WHEN IT COMES TO LIFE'S OBSTACLES. WE'LL SHARE AND DISCUSS OUR WORRIES... WHILE ALSO CELEBRATING OUR SUCCESSES.

7-7:45 PM: MEDITATION

MEETING ID: 927 8257 0162

<https://zoom.us/join/zoom/92782570162>

EACH MEETING A 15-20-MINUTE GUIDED MEDITATION WILL TAKE PLACE FOLLOWED BY OPEN SHARING OF REFLECTIONS AND SETTING INTENTIONS FOR THE WEEK.



To receive the zoom information in a daily newsletter become a member of United by Wellness today

<https://www.surveymonkey.com/r/8VXP2K8>



www.mhaac.info/ubw



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