



PURELAND→EAST→WEST  
COMMUNITY SHUTTLE

AUGUST 2017

## ON THE ROUTE...AND MORE



### SEEKING HELP-WHERE TO START:

The **Heart of South Jersey** “Resource Central” provides a single port of entry for information, assistance and guidance to help navigate the maze of help providers and agencies in South Jersey. Accessing the Heart Services is easy:

1. **Scan** the QR above or go to <http://heartsj.org/what-we-do/transportation.html> to gain access to information you can use.
2. **Connect** with a Heart Information Specialist through the online **Heart Chat Line** at [www.heartsj.org](http://www.heartsj.org)
3. **Call** the **Heart Phone Line** at **856-579-8252** and speak with a Heart Information Specialist
4. **Text** “ask heart” to **66746** with your question or request.
5. Search the Heart **Resource Directory** which can be accessed on [www.heartsj.org](http://www.heartsj.org) or download the Resource Directory to your mobile device.
6. **Message** the Heart at <https://www.facebook.com/heartsjersey/>
7. Visit the **On the Route and More** newsletter archives and connect to the **Shuttle Schedule on [www.heartsj.org](http://www.heartsj.org)**



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### QUESTIONS FROM ON THE ROUTE

Riding the shuttle route there have been road signs posted in Richwood and Woolwich for some time announcing large commercial developments containing retail stores, restaurants, movie theaters and even residential units coming to the Route 322 corridor. These developments will bring not only needed services and shopping, but also jobs.

These signs have been there for several years with no activity. At this writing we do not have any additional information to share, but we will be looking into these projects and reporting back to you in the near future.



## As temps soar, Gloucester County reminds residents of cooling stations

Comment

Updated on July 19, 2017 at 4:47 PM Posted on July 19, 2017 at 4:45 PM

By **Matt Gray**

[mgray@njadvancemedia.com](mailto:mgray@njadvancemedia.com),

For NJ.com

With [temperatures and humidity soaring](#), Gloucester County officials are reminding residents about available cooling centers in the area.

The National Weather Service has issued an excessive heat warning for noon on Thursday through 8 p.m. on Friday, with temperatures expected to reach the mid-90s.

Cooling centers include the county's six nutrition sites, county libraries and the Shady Lane Nursing Home.

Residents without air conditioning are also advised to take advantage of malls, movie theaters and other publicly accessible buildings during the hottest hours of the day.

Any Gloucester County seniors with questions should call 856-218-4101.

The following are area cooling centers, their addresses and phone numbers:

- Mantua Township Community Center, 111 Mercer Ave., Mantua: 856-468-4773
- Glassboro Senior Center, 152 S. Delsea Dr., Glassboro: 856-881-6610
- Thorofare Fire Hall, Firehouse Road, West Deptford Township: 856-853-6496
- Pfeiffer Community Center, 301 Blue Bell St., Williamstown: 856-728-1140
- Franklin Community Center, 1584 Coles Mill Road: Franklinville: 856-694-1413
- Second Baptist Church, 1534 Pine St., Paulsboro: 856-423-3387
- Shady Lane Nursing Home, 256 County House Road, Clarksboro: 856-224-6979

For library locations, residents can call the Gloucester County Library System at 856-223-6000 or visit [www.gcls.org](http://www.gcls.org).

*Matt Gray may be reached at [mgray@njadvancemedia.com](mailto:mgray@njadvancemedia.com). Follow him on Twitter @MattGraySJT. Find the [South Jersey Times on Facebook](#).*



***Heart of South Jersey***  
and  
***The Center for People in Transition***  
present  
**Life Skills Workshop**  
**(August 2017)**

Continue on the path to an improved well-being! To Register: Call **856-415-2222** or email [peopleintransition@rcgc.edu](mailto:peopleintransition@rcgc.edu). Call ASAP! **NO CHARGE!**

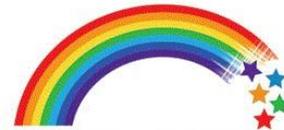
*All classes located on the campus of:  
Rowan College at Gloucester County, 1400 Tanyard Road, Sewell, NJ 08080*

**Internet Safety: Protecting yourself Online**

In this workshop, you will learn useful tips for keeping yourself and your family safe while browsing the internet. Tips will include: avoiding computer viruses, evading scams, safe shopping, and the importance of passwords to protect yourself. It will also provide you with some helpful tips for monitoring your children's computer use as well.

***Thurs., Aug. 24, 2017, 6:00–9:00pm***

*Lauri Kuder, Microsoft Office Master*



Center for People in Transition



## GCLS Mullica Hill Library (Shuttle stop #8)



GLOUCESTER COUNTY  
LIBRARY SYSTEM

**GCLS Mullica Hill Library**

### August Adult and Maker Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Buttons! Buttons! 3:30 pm	2 All Levels Yoga 6:30 pm	3 What is 3D Printing? 11:00 am Color Pencil Club 12:30 pm Intro to Java Programming 6:30 pm	4	5 <i>End Of Summer Reading Party 11:00 am</i> 
6	7 Mullica Hill Crochet Club 1:00 pm  Crafting with Kelly 6:30 pm	8 Genealogy Club 4:00 pm  Writers Roundtable 6:30 pm	9 Blender Render 7:00 pm	10 What is a 3D Printing? 3:00 pm	11	12 Garden@GCLS Tour 10:30 am
13	14 Mullica Hill Crochet Club 1:00 pm  Make Your Own Pickles 7:00 pm	15 Buttons! Buttons! 3:30 pm  Arduino Hack Night 6:30 pm	16 All Levels Yoga 6:30 pm  Digital Art with Inkscape 7:00 pm	17 What is a Digital Media Lab? 3:30 pm	18	19
20	21 Mullica Hill Crochet Club 1:00 pm	22 Writers Roundtable 6:30 pm	23	24 Kennedy Health System: Heart Health 7:00 pm	25 What is a Digital Media Lab? 11:00 am	26 Garden@GCLS Tour 10:30 am
27	28 Mullica Hill Crochet Club 1:00 pm	29	30	31 Color Pencil Club 12:30 pm		

Register online at [www.gcls.org/calendar](http://www.gcls.org/calendar) or call the library at (856) 223-6050.



GCLS Mullica Hill Library  
389 Wolfert Station Road  
Mullica Hill, NJ 08062  
(856) 223-6060  
[www.gcls.org](http://www.gcls.org)



Robert M. Damsinger, Freeholder Director  
Lynon Baroz, Freeholder Liaison



GCLS Mullica Hill Library (Shuttle stop #8) – cont.



GCLS Mullica Hill Library

All Levels Yoga

(Ages 18 and older)  
Wednesday, August 2 & 16 at 6:30 PM

Join instructor Tara Kron for an all levels yoga class that will help you reconnect with your breath and tap into the source of your own happiness.

Please wear comfortable clothing and bring your own yoga mat.



Color Pencil Club

(Ages 13 and older)  
Thursday, August 3 & 31 at 12:30 PM

Join us for an artful afternoon working with color pencils.



Heart Health Seminar

(Ages 18 and older)  
Thursday, August 24 at 7:00 PM



Thomas King, a heart health specialist with Kennedy Health System, will discuss the best practices and simple life changes we can make to live a long life, especially when coming home after experiencing heart failure.

Make Your Own Pickles

(Ages 18 and older)  
Monday, August 14 at 7:00 PM



Attention pickle lovers! Learn how to safely and deliciously make your own pickles with the author of 'Naturally Sweet Food in Jars,' Marisa McClellan.

Digital Art with Inkscape

(Ages 13 and older)  
Wednesday, August 16 at 7:00 PM



INKSCAPE

Learn the basics of creating vector art that you could use to create logos, vinyl stickers, and 3D models.

Registration is requested.

Garden@GCLS Tours

(All Ages)  
Saturday, August 12 & 26 at 10:30 AM

Take a stroll with us and enjoy a guided tour of the Garden@GCLS. Learn about the different variety of vegetable and pollinator plants growing at your local library.



What is a Digital Media Lab?

(Ages 13 and older)  
Thursday, August 17 at 3:30 PM  
Friday, August 25 at 11:00 AM

Join us for a tour of our Digital Media Lab. See how you can transfer your old tapes and vinyl records to current formats or how you can record your own podcast and music.



The Gloucester County Library System (GCLS) complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, GCLS encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to [ADA@gcls.org](mailto:ADA@gcls.org).

ON THE ROUTE...AND MORE (CONT.)



PURELAND EAST WEST  
COMMUNITY SHUTTLE

MOSAIC  
FAMILY  
SUCCESS CENTER  
110 High Street East, Glassboro  
(856) 347-4338

August

**Walk-In Hours**  
M W F 11am—5pm  
Tu Th 11am—7pm  
Some Saturdays  
Open to all and ALWAYS FREE!  
fscgloucester@gmail.com  
www.glassborofsc.org

Mon	Tues	Wed	Thurs	Fri	Sat
	1 English as a Second Language (Beginner) 11am-1pm	2 Crochet Circle 11am-12:30pm	3 Family Movie Night 5:00pm-6:30pm	4 English as a Second Language (Intermediate) 11am-1pm	5 Tot's Tumble Time 10am-12pm
7 A.C.C.E.S.S. 2pm-4pm	8 Beginner ESL 11am-1pm Money Matters 5:30pm-6:30pm	9 Kids' Zone: Stranger Danger 3:30pm-4:30pm	10 *Center Closes at 4pm Today Caregivers' Retreat 4-7pm	11 English as a Second Language (Intermediate) 11am-1pm	12 Center Closed
14 A.C.C.E.S.S. 2pm-4pm	15 Beginner ESL 11am-1pm GET FIT!: Zumba 5:30pm-6:30pm	16 Crochet Circle 11am-12:30pm	17 Back to School Extravaganza! 3-6pm	18 English as a Second Language (Intermediate) 11am-1pm	19 Tot's Tumble Time 10am-11am
21 A.C.C.E.S.S. 2pm-4pm	22 Beginner ESL 11am-1pm Caregivers' Connection 5:30pm-6:30pm	23 Kids' Zone: Olympic Mania 3:30pm-4:30pm	24 Healthcare Navigator (Appointment Only) Get Fit!: Cardio 5:30pm-6:30pm	25 English as a Second Language (Intermediate) 11am-1pm	26 Center Closed
28 A.C.C.E.S.S. 2pm-4pm	29 Beginner ESL 11am-1pm Family Cooking Night 5pm-6:30pm	30 Crochet Circle 11am-12:30pm	31 Baby Food Blend! 5:30pm-6:30pm		



## Cheesy Zucchini Lasagna Roll-Ups

Make the most of your garden bounty with this irresistible dish of zucchini slices rolled up around a gooey filling of ricotta and mozzarella

### Ingredients

- 4 medium zucchini, cut lengthwise into 16 1/4 inch strips
- 4 tbsp olive oil
- 3/4 tsp salt
- 1 cup Muir Glen™ organic tomato basil pasta sauce (from 25.5 oz jar)
- 1 cup ricotta cheese (8 oz)
- 1 cup shredded mozzarella cheese (4 oz)
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, finely chopped
- 1/4 tsp crushed red pepper flakes
- 1 egg yolk
- 2/3 cup Progresso™ Italian panko crispy bread crumbs

### Directions

- Heat oven to 425°F. Spray 8-inch square (2-quart) baking dish with cooking spray.
- Brush both sides of zucchini slices with 2 tbsp of the olive oil; season with 1/4 tsp of the salt. Place on ungreased large cookie sheet; roast 15 to 18 minutes or until zucchini is pliable enough to roll. Remove from oven; cool 5 minutes.
- Spread pasta sauce in baking dish; set aside.
- In medium bowl, mix ricotta, mozzarella, Parmesan, garlic, remaining 1/2 tsp salt, the pepper flakes and egg yolk.
- In small bowl, mix bread crumbs and remaining 2 tbsp oil.
- Spread 1 rounded tbsp ricotta filling evenly over each zucchini strip. Gently roll up, and place rolls on sides (so spiral shows on top) in baking dish in 4 rows by 4 rows, keeping them close together. Top with bread crumb mixture.
- Bake 15 to 20 minutes or until filling is heated through and crumbs are browned.
- Let stand 10 minutes before serving.

**Prep Time: 25 min**

**Total Time: 1 hr 20 min**

**Servings: 4**

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<http://heartsj.org/what-we-do/transportation.html>