

Kickboxing with your sisters

Free Raffle!



Date: 3/30/2012, Friday

Time: 8:30 pm

Questions or Reservations by 28 Mar:

Denise Dickinson (973) 724-7247

We need a minimum of 10 to hold event

Come out and have some fun! Spend an hour working-off stress with an intro martial arts class, then socialize with some pizza. There will be giveaways and a free drawing for door prizes. Also, bring cash for a 50/50, proceeds will go towards the cost for gloves. Bring a friend!!!

Giveaways

50/50

Tiger Schullmann's Mixed Martial Arts
Dick's and Marshall's Shopping Center
240 Route 10 West & Murray Road
East Hanover NJ 07936

www.tsk.com/locations/NJ/Easthanover/



adventures with photography

*DATES: February 28, 2012
March 28, 2012
April 17, 2012
May 22, 2012*

*TIME: 11:30a.m. – 1:00p.m.
LOCATION: ACS Classroom
Bldg. 119
FREE!*

Learn about the various apps and techniques to produce and share Photographs from home and while traveling about. Attendees may bring their own devices, with photo related applications, to practice these techniques. Workshop will be conducted by Joel Aronson; Wharton resident, retired college professor of photography, military veteran and member of two Morris County Advisory Councils. Free and open **to all Picatinny Military, Family Members, DoD Civilians and Contractors!**

ADVANCE REGISTRATION IS REQUIRED!

For more information or to register, contact Clarence at 973 724-5219 or email Clarence.lacy@us.army.mil





SOS Dinner



Date: 03/15/12

Thursday

Time: 6:00 pm (1800)

Contact person:

Denise Dickinson, 973-724-7247

Denise.dickinson@us.army.mil

LTC Herb Koehler, Garrison Commander, Picatinny Arsenal, cordially invites you to attend the Army Community Service (ACS) Survivor Outreach Services' (SOS) Dinner on 15 Mar 2012, beginning at 6:00 pm. The St. Patrick's Day dinner buffet is free and will be held at the Cannon Gate Club & Conference Center, bldg. 121, Picatinny Arsenal, NJ. At this dinner, staff will listen to your input on SOS programs and issues, and you will have the opportunity to meet other Survivors in the area.

Please Register by 14 Mar at 973-724-7247.

Directions: From the East take I-80W to Exit 34B . From the Exit, take 15N; after two traffic lights, there is a sign pointing to the Picatinny Main Gate which is on the Right.

From the West take I-80 E to Exit 34. Stay on the right and go to 15N; after two traffic lights, there is a sign pointing to the Picatinny Main Gate which is on the Right.

On Picatinny, stay on Parker Rd. to the traffic light by the black "Canon" gates. Veer right. Continue on Bott Rd. Take Buffington Rd which will be the first road on the left. On Buffington Rd., Cannon Gate Club & Conference Center will be on the left, before you reach the Stop Sign.

When the Bough Breaks...

Parents Moving Forward™ In Their Journey Through Grief

Join us as a panel of parents who have survived the death of a child share their experiences with grief and the process of redefining life after loss

- Listen to parents who understand
- Hear what they are doing to move forward with their lives
- Learn about community resources available to help

Panel will be moderated by Judith Pedersen, MSW, LSW, FT

Judith, Founder and Executive Director of Interregnum Inc. is an expert on the topic of grief and loss. With over fourteen years experience, her guidance will help ensure a thoughtful and meaningful evening for all who attend.

March 28, 2012
6pm - 8pm
Light Refreshments

Wallace Auditorium
Overlook Hospital
99 Beauvoir Avenue
Summit, NJ

INTERREGNUM_{INC.}



Sponsored by
Interregnum Inc., *Finding life after loss*
A New Jersey Based Non-Profit Organization

There is no charge to attend, but reservations are recommended to reserve your spot.
E-mail info@interregnum.org or Call 973.224.6900