

APRIL 2024 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Protect your health and your community, 2:30pm-3:30pm, Register at oceanside2fsc.org</i>	2 <i>Parent Support Group: Lower Township Recreation Center, 2600 Bay Shore Road, Villas, Cape May @ 6PM</i>	3 <i>"Living in the Moment" Group, 10:30-11:30, 4 East Jimmie Leeds Road Galloway</i>	4 <i>Yoga, 5:30-6:30pm, Cape Regional Recovery Center, 1304 Route 47, Unit WL, Rio Grande, NJ 08242</i>	5 <i>Fit Fusion, Cape May County Library, Wildwood Crest Branch, 9:15am</i>	6 <i>Faces 4 Autism- Autism Day, 12-6, Reed Farm, 5075 Spruce ave, EHT NJ</i>
7 <i>Easter ExtravaganZoo Cape May zoo, 11-3pm</i>	8 <i>NAMI Atlantic/Cape May IN Saint Joseph's Catholic Church, 606 Shore Road Somers Point 7-9pm</i>	9 <i>Diabetes Prevention Group, 1-2pm, Register at oceanside2fsc.org</i>	10 <i>Writer's Block: Creative Writing Club for Teens, 3-4pm, 4115 Ventnor Avenue</i>	11 <i>Zumba, 6-7pm, Cape May County Library - Lower Cape Branch 2600 Baysore Road</i>	12 <i>Play Hour with Mr. Michael, Legos, Board games, etc, 11-12, Atlantic City Free Public Library, 1 North Tennessee</i>	13 <i>Faces 4 Autism 5k walk/ Run, Stockton University D-Wing, 10am-1pm</i>
14 <i>Chronic Pain Support group, 3pm, MHA, 18+,</i>	15 <i>FSO-Parent Support Group in Spanish: Zoom, 7pm, register: AC Family Support Organization - Calendar (acfamsupport.org)</i>	16 <i>Youth Partnership- ACFSO Northfield Office @ 6:00 PM</i>	17 <i>"Living in the Moment" Group, 10:30-11:30am, 4 East Jimmie Leeds Road Galloway 08205</i>	18 <i>Get Lit: Teen Book Club, 4-5pm. Atlantic City Free Public Library, 1 North Tennessee Avenue Atlantic City 08401</i>	19 <i>Virtual English as a Second Language (ESL), 10-11:15am, 1 North Tennessee Ave. Atlantic City 08401</i>	20 <i>Earth Day Celebration 10 am - 3 pm Cape May County Park 707 Rte 9 North, Cape May Court House, NJ 08210</i>
21 <i>Seashore Gardens 5K Run & Health Walk April 21st to Benefit Alzheimer's Outreach, 3711 Atlantic Avenue, 9-12</i>	22 <i>Slow Flow Yoga, 9:15-10:15 6300 Atlantic Avenue Wildwood Crest 08260</i>	23 <i>Diabetes Prevention Group, 1-2pm, Register at oceanside2fsc.org</i>	24 <i>Zumba, 6:00p, Cape May WW Crest Library</i>	25 <i>One Stop for Employment and Training, 12-3pm, Register at oceanside2fsc.org 3201 Atlantic Avenue, Atlantic City</i>	26 <i>Earth Day Celebration & green market, 4-7pm, 615 East Moss Mill Road Galloway 08205</i>	27 <i>Kitchen Gardens, 11-12:30pm, adults, EHT library.</i>
28 <i>ACUA Earth Day celebration- 10 AM to 4 PM Rain or Shine, ACUA Environmental Park 6700 Delilah Road, Egg Harbor Township, NJ</i>	29 <i>Slow Yoga, 9:15-10:15am Wildwood Library</i>	30 <i>Utility Assistance Fair 11-2 Register at oceanside2fsc.org 3201 Atlantic Avenue, Atlantic City</i>				