

AUGUST 2022

WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 National Night Out	3 Zumba at 5pm, Sea Isle Library	4 Lego Club- Cape May County Library 3-4pm, Villas	5 One Stop Job Training- 12-3pm, 201 Melrose Ave, Atlantic City, Unit 3	6 Petvet at tractor supply in EHT, 930-11.
7 Summer Kids Program at Longport Public Library - Storytime & Craft Longport Library 1030-11	8 Move & Meditate- Cape May County Library- Wildwood Crest -4:30pm.	9 Cyber Tuesday, Ventnor Library, 2:00pm.	10 Sibling Meeting - MHA, 7:30pm, contact jbenz@mhanj.org to register.	11 Galloway green Market 4-7pm, historic Smithville	12 Feminine Care Products & Resources 11:00-1:00PM Inland Family Success-	13 Somers Point Farmers market 8am- Somers Mansion.
14 Yoga- Stone Harbor Library, 9:30am	15 Basic steps & beginner line dancing- Wildwood Crest Library- 6-7pm	16 Medicare question & answer seminar- Woodbine Community Center at 1:00pm.	17 Exploring Spirituality- virtual session- 12pm, Contact to register- unitedbywellness@mhanj.org	18 Enriched life discussion group- 7pm, virtual- jo-se.caraballo@myenrichedlife.com	19 Creative Expressions, contact: unitedbywellness@mhanj.org 7:30-8:30pm	20 Community Farmers Market, Atlantic Christian School at 830am
21 Processing Intense & Toxic Thoughts and Emotions- Eventbrite	22 Baby Essentials Pick-up 10am-3:30pm , New Day Family Success Cen-	23 Dealing with Depression Support Group 7pm- unitedbywellness@mhanj.org	24 Atlantic City Air Show	25 Stretch & Burn online classes- contact-10-11am marielac@cmclibrary.org	26 Sports Club collectibles at the Wildwood Convention Center. 10:00am	27 Wildwood Farmers Market at 8pm. Bryne Plaza
28 College Workshop at 2:30pm, Eventbrite	29 Back to School Bash, Uptown School- Bookbags, 12-3pm	30 Teen Seal Treat Night- 6:30pm, Mays Landing Library	31 Family Movie Night- Hammononton Library, 6pm.			