



# DECEMBER 2022

## WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 OceanFirst Bank– Dreaming of own- ing your own home? 5-6pm at Oceanside Family Success Center– 3201 Atlantic Ave	2 Walking Club with the Oceanside Family Success Center– 10-11am, call 609-594-4990 to register.	3 Holiday Craft Bazaar, 9am-4pm, Atlantic County 4 -H
4 Meditation online, 7:30pm– Mental Health Associa- tion, Link to regis- ter: unitedbywell- ness@mhanj.org.	5 Computer Skills Training, Rich- mond Library, Ventnor, 9:30am	6 Diabetes Preven- tion Group 2:30pm-3:30pm, Oceanside Family Success Center 3201 Atlantic Ave	7 Vet to Vet Café, 1 -2pm, Shore Med- ical Center	8 Yoga, Cape Re- gional Medical Center, 5:30- 6:30pm, Wing- WL	9 Atlantic City Bal- let– Nutcracker, Stockton Univer- sity, 7pm	10 Teen Advisory Group Meeting, 2:00pm, Atlantic City Free Library, 1 North Tennes- see Ave
11 Zumba– Cape May County Li- brary, 9am	12 Make AC– STEAM Club, Ages 10-18, 3:30- 4:30pm, Must Register, AC Li- brary, 1 Tennes- see Ave	13 Fury Buddies, Galloway Library, Reading and ani- mal Therapy, 6pm.	14 Affordable Housing, 3-4pm, New Day Family Success Center, Galloway	15 Defeat Diabetes 1-4pm, Second Baptist Church 110 Rev Dr. Isacc Cole Plz, Atlantic City	16 Vaccine Pop-up Clinic, 9-12, 26 S Pacific Ave, Atlantic Cit	17 AMI Mammo- gram Van, 9am- 330 pm, 932 S. Main Street, Pleasantville,
1 <sup>o</sup> 	19 Holiday Sweet Sale, Baked goods, 907 Shore Road, Somers Point, 3-6pm.	20 Diaper Pickup– New Day Family Success Center– 10-1030 622 New York Ave, Galloway NJ	21 Cooking with Nathan, 5:30-7pm, New Day Family Success Center, 622 New York Ave, Galloway	22 One Stop Em- ployment & Training, 12-3, Oceanside Family Success Center	23 Lightbulb Online Support Group, Discuss Mental & Wellness, 3-4pm, Call 609-652- 3800 for link.	24 Chess Club, 12pm, Ventnor Library
25 	26 One on One Com- puter Help– Egg Harbor City Li- brary, 10:00am	27 Dealing with Depression Sup- port Group, 7pm Virtual, unit- edbywellness@	28 Fresh Start, At- lantic City Li- brary, Returning from incarcera- tion, 930-1pm	29 Food Distribu- tion, Atlantic City 2709 Fair- mount Avenue 11-2pm	30 Children’s Win- ter Health Fair, 11-2pm, Inland Family Success Center	31 Family Story time Egg Harbor Township Li- brary, 1030am