

DECEMBER 2023 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Setting Boundaries & Asking Permission, Virtual, 1-2pm, adultevents@cmclibrary.org
3 Basic Computer Help by Appointment- Somers Point Library, 9am-5pm	4 Fall Nutrition Class with SNAP-Ed 5:00-6:00PM 3050 Spruce Ave Egg Harbor TWP	5 Chronic Disease Related to Pregnancy with SNJPC 4:00-5:00PM 3050 Spruce Ave Egg Harbor TWP	6 Boy talk with Atlanticare 3pm-4PM New Day Family Success Center 622-624 S. New York Road	7 Essential Components of the IEP workshop English 11:30-1 Spanish 1-2:30- Oceanside FSC- 3201 Atlantic Ave, AC	8 Girl talk with Atlanticare 3pm-4PM New Day Family Success Center 622-624 S. New York Road	9 Girl Scout Recruitment Event, 10-12pm
10 2nd Annual MSP Band Holiday Bazaar, 10-2, 801 Mill Road Pleasantville	11 NAMI Atlantic/Cape May IN PERSON Support Groups, 7-9pm, 606 Shore Road Somers Point	12 Toy and Seasonal Safety 2-3, Oceanside FSC, 3201 Atlantic Ave	13 "Living in the Moment" 1030-1130am Group. 4 East Jimmie Leeds Road Galloway	14 Yoga 5:30-6:30- Oceanside Family Success Center, 530-630pm. 3201 Atlantic Avenue, Atlantic City	15 Feminine Products & Resources Kit 11:00AM-1:00PM *pick up at Inland! * 3050 Spruce Ave Egg Harbor TWP	16 STEM Saturday, 11-12pm, Ventnor Library 6500 Atlantic Avenue
17 Winter Wonderland at Congress Hall, 200 Congress Pl, Cape May	18 Employment assistance with One-Stop- 12-2pm, New Day Family Success Center 622-624 S. New York Road	19 Employment Café with One-Stop 12:00-2:00PM 3050 Spruce Ave Egg Harbor TWP	20 Zumba, 6-7pm, Wildwood Crest Library	21 "Better Together" A Group for Those with Mental Health & Physical Challenges, 4-5pm, Oceanside FSC	22 Groovy Kids Dance Activity- Hammonton Family Success Center- 10-12pm, 310 Bellevue Ave	23 American Red Cross Blood Drive, 10-3pm, Sea Isle Library
24/31 Christmas and New Years Eve!		26 SPANISH VIRTUAL CONVERSATION INTERMEDIATE-LEVEL CLASS, 5-6pm, 1 North Tennessee Ave. Atlantic City	27 One Stop for Employment and Training, 12-3pm, Oceanside FSC	28 Lunch & Learn: Holiday Traditions with Historic Cold Spring Village, 12-1pm, Cape May Court House Library	29 Fit Fusion, 9:15-10:15am, 6300 Atlantic Avenue Wildwood Crest	30 LEGO CLUB, 12-1pm, Atlantic City Library, 1 N. Tennessee Ave