

Cape Atlantic INK

Family Fall Activities

Cape May:

Activity: Scarecrow walk

Dates: Daily through October 31: 10am – 4pm

Location: Emlen Physick Estate

Pricing: Free

Activity: Princess and Pirate Day

Date: Saturday, November 8th from 11:00 a.m. until 2:00 p.m.

Location: Cape May County Park, in Cape May Court House.

Pricing: Free

Atlantic:

Activity: R&J Farms pumpkin picking and hayrides

Dates: Monday–Friday 12–6pm, Saturday and Sunday 10:30am–6pm

Location: 723 W. Herschel St., Galloway Twp., NJ 08215

Pricing: Maze \$9, Hayride: \$10 (1 pumpkin included),

Jump Pad: \$5, or combo passes per person: \$14–\$20.

Activity: Historic Smithville's Monster Bash

Date: October 25th, 2025 (rain Nov 1)

Location: 615 E Moss Mill Rd, Smithville, NJ 08205.

Pricing: free

Outside Atlantic:

Activity:

Dalton Farms: pumpkin picking, and lots of activities for families.

Dates: Everyday: 10:00am – 6:00pm 660

Location: 660 Oak Grove Rd Swedesboro, NJ 08085

Pricing: tickets online for admission is 15.95–17.95 or

in person \$20–\$25, pumpkins and flowers separate pricing.

Activity: Universoul Circus

Dates: Oct 29–Nov 16 tickets to be bought online

Philly | Celebrating 31 Years of FUN

Location: 39th & Girard (across from the Zoo),

3901 W. Girard Avenue, Philadelphia, PA 19104

Pricing: \$38–70 depending on date/location in venue.



Fall 2025

Cold and Flu Prevention

With cold and flu season coming up, here are some tips to stay healthy and reduce your risk of catching a cold.

According to the CDC, the single best way to prevent the flu is getting vaccinated. Not sure where to get a flu vaccine? Check out this vaccine finder <https://vaccinefinder.org/> to find the nearest vaccine.

Some additional tips to prevent illness include:

1. Avoid close contact with those who are sick.
2. Wash hands frequently or use hand sanitizer.
3. When sick, stay home to avoid spreading the illness to others.
4. Cover your mouth and nose when sneezing or coughing.
5. Avoid touching your eyes, nose and mouth.
6. Wipe highly touch surfaces such as computers, doorknobs, tables, chairs, etc
7. Wear masks when going into doctor's offices and hospitals.

Time Change Tips: Adjusting to "Fall Back"

Get morning sunlight to boost energy

Don't let shorter days shorten your time with those who support you-connection is key

Keep your routine steady- consistency helps your mind and body adjust



Butternut Squash Curry

- 2 lbs. butternut squash (about 4 cups diced)
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp grated fresh ginger
- 2 Tbsp olive oil
- 1 Tbsp curry powder
- 1 tsp ground cumin
- 1 15oz. can fire roasted diced tomatoes
- 1/2 cup water
- 1 13.5oz can full-fat coconut milk
- 2 oz. fresh spinach
- 1/2 tsp salt



Directions:

1. Peel and dice the butternut squash into ½-inch pieces. Dice the onion, mince the garlic, and grate the ginger.
2. Heat a large skillet over medium. Add olive oil, onion, garlic, and ginger, and sauté for a few minutes, or until the onions are translucent. Add curry powder and cumin and sauté for one minute.
3. Add diced tomatoes and water to the skillet. Stir to combine and dissolve any browned bits off the bottom of the skillet.
4. Add diced butternut squash and stir to combine. Place a lid on the skillet and let the squash simmer in the sauce for about 10 minutes, or until fork-tender.
5. Add coconut milk to the skillet, stir to combine, and heat through.
6. Once the sauce is hot again, add fresh spinach. Stir to combine. Season the curry to taste with salt, then enjoy!

Book Suggestions:

If you're looking for a book to read this fall.

Check out: Inner Excellence by Jim Murphy.
This book trains your heart and mind, showing you how to:

- Develop self-mastery—and let go of what you can't control.
- Overcome anxiety—and build powerful mental habits.
- Remove mental blocks—and get out of your own way.
- Train your subconscious mind—and release limiting beliefs.

Another Suggestion:

Alignment: A Montessori Approach to Reimagining Work-Life Balance
by Wood, Katie Keller

Your work matters. You matter more. You know you make a difference.

Your talent and expertise come together in your work to make an important contribution to the world. But your dedication shouldn't mean sacrificing all the other parts of yourself. Explore this book to find the perfect balance of work and life.

