

JUNE 2025 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Market at the Range, 8-2pm, Flea Market, 2276 Route 9, Cape May Courthouse</p>	<p>3</p> <p>Physical Fitness for New & Expecting Moms with Jean Rose 11:00AM-12:00PM—Inland Family Success Center-3050 Spruce Ave, EHT</p>	<p>3</p> <p>Depression & Anxiety Group– Adults, 5:30pm-6:30pm, MHA,-Atlantic City, 1125 Atlantic Ave, Suite 617, AC</p>	<p>4</p> <p>On the Spot Therapy– Lego/STEM Club 5:15-6:15pm</p>	<p>5</p> <p>Active Shooter Awareness, 5:30-7pm, Brigantine Library, 201 15th St. South Brigantine</p>	<p>6</p> <p>National Gun Violence Awareness Day Event , 1:15pm– 6:00pm, hosted by Atlanticare , Oscar McClin-ton Park, 201 N. New Hampshire Ave, AC</p>	<p>7</p> <p>Adaptive Skateboarding, Heart of Surfing, 10:30-12:00pm, Brigantine Skate Park 4100 Bayshore Ave, Brigantine, NJ</p>
<p>8</p> <p>Yoga on the Beach, Burk Ave. behind the Wildwoods Convention Center. 9 a.m, \$8</p>	<p>9</p> <p>Yoga & Meditation with Tarak 6:00-7:00PM, In-land Family Success Cen-ter, 3050 Spruce Ave,</p>	<p>10</p> <p>Be PROUD LGBTQA Services and Supports, 6:30-7:30pm, Register</p>	<p>11</p> <p>Health and Wellness Expo– 10am-1pm, Wild-wood Crest Pier recrea-tion center</p>	<p>12</p> <p>Hammon-ton FSC. 6-7pm LGBTQ+ Group, 310 Bellevue Avenue, Hammon-ton NJ, 08037</p>	<p>13</p> <p>How do you show your pride? SAGE Art Show– Virtual Renfrew, 4:30pm. Registration</p>	<p>14</p> <p>Let's Go LEGO, 11-3pm, Mays Landing Library, 40 Farragut Ave. Mays Land-ing</p>
<p>15</p> <p>Happy Fathers Day!</p>	<p>16</p> <p>Coping Corner, 6-7pm, Adults, Hammon-ton Presbyterian Church, 326 Bellevue Ave, Ham-mon-ton NJ</p>	<p>17</p> <p>Understanding the DDD Budget and a guide to the services available. 12-1pm, Register</p>	<p>18</p> <p>1/2 price Paddleboat Rentals at Ocean View Resort Campground, 10am.</p>	<p>19</p> <p>Fitness Boot Camp, \$10, 8:30am, Bryne Plaza, Wildwood</p>	<p>20</p> <p>Cape May Zoo– Night out with the critters. 5-8pm, contact: 609-463-4135 for tickets.</p>	<p>21</p> <p>Heart of Surfing– surfing lessons, 9am-12pm Loca-tion: Atlantic City , Jack-son Ave Beach</p>
<p>22</p> <p>Down on the Farm, Cold Spring Village, Farm animals, learn to farm and garden. 11-4pm. Registration and Payment</p>	<p>23</p> <p>One Stop for Employ-ment and Training, Oceanside Family Success Center, 3201 Atlantic Ave, AC, Registration</p>	<p>24</p> <p>Get to Work! Employment Supports and Services for Adults with Disabilities in NJ, 12-1:00pm, Register</p>	<p>25</p> <p>Family Cooking Matters 3:30-4:30, Oceanside Family Succes Center, 3201Atlantic Avenue, Atlantic City registration</p>	<p>26</p> <p>NAMI Family Support Group, 7pm Cape May Library– CMCH Branch</p>	<p>27</p> <p>Fit Fusion– 9:15– 10:15am, 6300 Atlantic Avenue Wildwood Crest</p>	<p>28</p> <p>Outdoor Fitness Class, Crest pier recreation cen-ter, Zumba– 8:30am, \$5</p>
<p>29</p> <p>Stone Harbor Farmers Market, 8-12:30, Water Tower Plaza, 95th street and 2nd ave.</p>	<p>30</p> <p>Inland Family Success Cener, 3050 Spruce Ave Egg Harbor Township Baby Expo for Expecting Dads & New Dads 5:00-7:00PM</p>					