

MARCH 2023

WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Stretch & Burn (5:30 –6:30pm) Virtual, Cape May County Library Zumba (6-7pm), Lower Twnsp Library	3 Teen Time (3:30-4:30pm) Oceanside II FSC	4 Self-Portrait Painting Workshop (11am-12:30pm) CMCH Library
5 <i>Grab some fresh fruit, granola and yogurt from the grocery store and meal prep fruit parfaits for breakfast or a snack for the week!</i>	6 Read Across America & Movie Night 5-7pm Inland FSC	7 Diabetes Prevention Group (2:30-3:30pm) Oceanside II FSC	8 HS Youth Mentorship Open Gym (3-5pm), EHT Community Center, Grades 4th-12th	9 Al-Anon Meeting (11am-12pm) Lower Township Library Teen Game Night (1-4pm) CMCH Library	10 Teen Time (3:30-4:30pm) Oceanside II FSC	11 Cookies & Coloring (10-11am) CMCH Library
12 <i>Purchase some lean ground turkey, lettuce, tomato, corn, beans, salsa and avocado and prep healthier taco salads to bring to work for lunch this week!</i>	13 Food Smarts for Kids (5-6pm) Inland FSC	14 Baking Daily Bread (1-3pm) Stone Harbor Library Mug Treat Teens (3-4pm) CMCH Library	15 HS Youth Mentorship Open Gym (3-5pm), EHT Comm. Center, grades 4th-12th	16 St. Patty's Day Coloring Party (4-5PM) Inland FSC Family Paint Party 3-4:30pm Oceanside II FSC	17 Teen Time (3:30-4:30pm) Oceanside II FSC 	18 EHT Recreation Health & Fitness Fair (10am-2pm) EHT Community Center Knit to Unwind NAMI virtual (4-5:30pm)
19 <i>Purchase individual packages of trail mix to have a healthy snack to munch on throughout the week.</i>	20 1st Day of Spring Craft (3:30pm-4:30pm) Oceanside II FSC	21 Art Journaling: Memories (2:30pm-4:30pm) CMCH Library	22 HS Youth Mentorship Open Gym (3-5pm), EHT Community Center, Grades 4th-12th	23 Herb Growing Kit (4-5pm) Inland FSC	24 Teen Time (3:30-4:30pm) Oceanside II FSC	25 Family Cooking Class (11:30am-12:30pm) Oceanside II FSC
26 <i>Find a healthy crockpot soup recipe to batch-cook an easy dinner option for this week!</i>	27 Food Smarts for Kids (5-6pm) Inland FSC	28 Family Game Time (5-6pm) Oceanside II FSC	29 HS Youth Mentorship Open Gym (3-5pm), EHT Community Center, Grades 4th-12th	30 Family Fun Night with SNAPPED (4-5pm) Inland FSC Books Balls & Blocks (5-7pm) Oceanside FSC	31 Teen Time (3:30-4:30pm) Oceanside II FSC	