

MAY 2023 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Yoga, Cape May County Library, 5:30pm	2 Dealing w/Depression support group, 7pm, contact unitedbywellness@mhanj.org	3 Setting the Stage for Healthy Habits , EHT Library, Presented by Community Food-Bank, 5-6pm, up to	4 Family Yoga, 10+, Oceanside FSO, 5:30-6:30, Register online	5 Mom-to Mom Virtual Support group for new moms. 6-7pm. Contact sbasu@shoremedicalcenter.org	6 Mothers day craft, EHT Library, 2pm, Up to age 12.
7 Zumba– Wildwood Crest Library– 6-7pm	8 Abstract art, 5-6pm, Inland Family Success Center	9 Turn your veggie scraps into garden goal– composting 101– 6pm, EHT library	10 Food Pantry, Hammonton FSC, 4pm. 310 Bellevue Ave, Hammonton	11 Teen-Speak– With Parents Group, 5-7pm, Oceanside FSC, visit website to register.	12 Lightbulb online Group– 3-4pm, kwilliams@mhanj.org	13 Green Fair, 8am-2pm, OakCrest Highschool, All Green initiatives
14 	15 Wills, Estate, & Guardianship, Galloway Library, 2pm	16 Stoke Awareness & Community Breakfast, Linwood County club, 10-12.	17 Parent Support Group, 6pm ACFSO	18 Yoga– 5:30pm, Cape Regional Recovery Center, 1304 Route 47, Unit WL, Rio Grande	19 Anything goes fitness, 9:15-10:15a, Wildwood Crest Library	20 Cooking Demo with AC Food Project, 11:30-12:30, OceanSide FSO
21 Meditation Online 7pm, contact: kwilliams@mhanj.org	22 Social Skill Group, 4-5, Oceanside FSC, ASD	23 Youth partnership– Cape May-Lower Township Recreation Center, 2600 Bay Shore Road, Villas,	24 Smoothie & Health Chat with SJFM, 4-5pm at Inland FSC	25 Parent Support Group– Spanish- 5:45– 6:45pm, Oceanside FSO	26 Ventnor's Farmers Market, 8:30am to 12. 6421 Atlantic Ave Ventnor	27 Basic Computer Help, 9am, Somers Point Library
28 Meditation Online 7pm, contact: kwilliams@mhanj.org	29 Fitness At the Plaza, Bryne Plaza Wildwood, 8:30-9:30, 10 dollars	30 Youth Partnership– Zoom, 6:15pm, register online: http://www.acfamsupport.org	31 Yoga on the Beach– Wildwood– Burk Ave, 9-10:15am, 7 dollars			