May

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  | 1 | 2  **Wellness Walk @ 11** | 3  Infused Water at Mays Landing Office | 4  **Free Health Screening 11:00am-2:00pm (ShopRite of Hammonton)**  *Faces for Autism Dance Lessons for prom-Arlins Dance Spot-Ventnor 6pm* | 5  *Get Air Trampoline Park (Sensory Friendly) 8am-10am*  **Heart of Surfing, Skateboarding/scooter at Brigantine Skate Park 3-4:30pm**  PAL (Mays Landing) Lego, Crafts, and games 10-12 |
| 6 | 7  Eating Disorder Support Group 6:15pm – 7:15pm  Mental Health Association (Galloway) | 8  *Faces for Autism Dance Lessons- Arlins Dance Spot-Ventnor 7:30pm.* | 9  **Wellness Walk @ 11** | 10  Diabetes Support Group (Cape Regional Medical Center) 2:00-3:00pm | 11  *Faces for Autism Dance Lessons for prom- Arlins Dance Spot-Ventnor 6pm* | 12  *Get Air Trampoline Park (Sensory Friendly) 8am-10am*  **Heart of Surfing, Skateboarding/scooter at Brigantine Skate Park 3-4:30pm**  PAL (Mays Landing) Lego, Crafts, and games 10-12 |
| 13 | 14  Art Wellness Group  3-4:30pm 4 E Jimmie Leeds Rd Ste 8, Galloway | 15  Cardiovascular Nutrition Talk 11am-12pm (Hammonton Canoe Club) | 16  **Wellness Walk @ 11** | 17  Wellness Committee Meeting at 10 | 18 | 19  *Get Air Trampoline Park (Sensory Friendly) 8am-10am*  **Heart of Surfing, Skateboarding/scooter at Brigantine Skate Park 3-4:30pm**  Mayfest-Smithville 10am-5pm  PAL (Mays Landing) Lego, Crafts, and games 10-12 |
| 20 | 21 | 22 | 23 | 24  **Nutritious Food Craft (Hammonton FSC) 10am-11am**  Faces 4 Autism Support Group 6:30-8pm  Depression and Anxiety support Group-3-4:30pm 501 Scarborough EHT. | 25  Wildwood Kite Festival Friday- Sunday (Free for spectators)  Lego Club- Linwood Library 3:30pm-4:30pm | 26  *Get Air Trampoline Park (Sensory Friendly) 8am-10am*  **Heart of Surfing, Skateboarding/scooter at Brigantine Skate Park 3-4:30pm** |
| 27 | 28 | 29 | 30  Wellness Walk @ 11 | 31  Biggest Winner Challenge Weigh-In!!  Depression and Anxiety Support Group 501 Scarborough Dr, Egg Harbor Township |  |  |
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