

NOVEMBER 2023 WELLNESS CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|--|
|  | | | <p>1</p> <p>Living in the Moment 10:30am - 11:30am Mental Health Association in Atlantic County 4 E Jimmie Leeds Rd #8, Galloway, NJ 08205</p> | <p>2</p> <p>Yoga 5:30-6:30—Oceanside Family Success Center</p> | <p>3</p> <p>Financial Management Tips with Atlantic CIL 10:30-11:30AM—Inland Family Success Center</p> | <p>4</p> <p><i>Heart of Surfing Skateboarding Day— 10:30– 12</i></p> <p><i>Brigantine Skate Park 4100 Bayshore Ave, Brigantine</i></p> |
| <p>5</p> <p>Basic Computer Help= Somers Point Library— 8am</p> | <p>6</p> <p>Diaper Drive 10am-3pm – New Day Family Success Center</p> | <p>7</p>  | <p>8</p> <p>Zumba with Janet, Cape May County Library- 6:00pm.</p> | <p>9</p> <p>One Stop for Employment and Training - 2nd and 4th Thursday between 12-3PM— Oceanside Family Success</p> | <p>10</p> <p><i>Teen Time 3:30-4:30— Oceanside Family Success Center</i></p> | <p>11</p> <p>Princess and Pirate Day at the Zoo- Cape May 11:00 AM - 2:00 PM</p> |
| <p>12</p> <p>Exit Zero Jazz Festival Fall 2023, 8:00 am - 6:00 pm</p> | <p>13</p> <p>Fall Nutrition Class with SNAP-Ed 5:00-6:00PM— Inland Family Success Center</p> | <p>14</p> <p><i>MedicineandPoison Prevention 2-3—Oceanside Family Success center</i></p> | <p>15</p> <p><i>Fit Fusion— 9:15am— Cape May County Library</i></p> | <p>16</p> <p>Basic Rights in Special Education workshop English 11:30-1 Spanish 1-2:30—Oceanside Family Success Center</p> | <p>17</p> <p>Flu Vaccine Clinic, 11-1pm, Cape May Court House Library</p> | <p>18</p> <p><i>Walk-In Job Skills Lab, 10am, AC Freee Publish Library— Tennessee ave.</i></p> |
| <p>19</p> <p>Holiday Lights Trolley Rides. Ocean Street trolley stop Washington Street & Ocean St, 6:15 -8:45</p> | <p>20</p> <p>One Stop Employment 12pm-2pm = New Day Family Success Center</p> | <p>21</p> <p><i>Robotic Club— Egg Harbor City Library— 6pm</i></p> | <p>22</p> <p><i>Family Game Night, Pleasantville Library, 5:30pm</i></p> | <p>23</p>  | <p>24</p> <p><i>Holiday Wreath Workshop, 5pm, 139 North Dorset Avenue Ventnor City, NJ 08406</i></p> | <p>25</p> <p><i>Santa's Tree Lighting Celebration. Cape May Zoo 2:00 PM - 6:00 PM @</i></p> |
| <p>26</p> <p>Holiday Dickens Fest at 1:00pm, Smithville Village</p> | <p>27</p> <p><i>Fall Nutrition Class with SNAP-Ed 5:00-6:00PM— Inland Family Success Center</i></p> | <p>28</p> <p><i>Feminine Hygiene Product Pickup 10am-3pm—NewDay Family Success Center</i></p> | <p>29</p> <p><i>Dementia Presentation— Lower township library— 6pm</i></p> | <p>30</p> <p>ACE/SJG Energy Assistance Day 11:00AM-2:00PM— Inland Family Success Center</p> | | |