

NOVEMBER 2025 WELLNESS CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Heart of Surfing- Skateboarding Day, 10:30-12 Brigantine Skatepark 4100 Bayshore Ave, Brigantine N
2 Brigantine Aquatic Center– Adaptive swim evaluation, 3-16 y/o, 11:30am, Register 3118 Bayshore Ave Brigantine, NJ 08203	3 Chair Yoga, 5:30-6:30pm, 6300 Atlantic Avenue Wildwood Crest 08260	4 Junior Youth Group-FSO, 6-8pm, 950 Tilton Road, Suite #108 in Northfield Ages 9-12 Register Here	5 Atlantic Cape Community College Atlantic City Campus– Open House, 5:30-7:00pm 1535 Bacharach Blvd, Atlantic City RSVP	6 Building Confidence 101, 1:30pm, Online workshop, Register	7 Sensory Friendly Roller Skating, 406pm Youngs Skating Center 763 Park Road , Mays Landing	8 Pirate and Princess day at the zoo, 11-2pm, Cape May Zoo
9 Greate Bay Country Club Fall Festival– 10am, 901 Mays Landing Rd, Somers Point	10 Family Support Group 7:00 – 8:30 at the Saint Joseph Church in Somers Point.	11 Preparedness Essentials and Fire Safety, 11-2pm, Oceanside Family Success Center, 3201 Atlantic Avenue, Atlantic City, NJ 08401	12 Employment Café with Atlatic County One-Stop , 1-2pm, Inland FSC, 3050 Spruce Ave NJ 08234	13 Community Care Day at Ocean City Sports and Civic Center, 6th and the Boardwalk, 2-6pm, Free screenings and testing. More information	14 Yoga 11:30– 12:30pm, Oceanside Family Success Center, 3201 Atlantic Avenue, Atlantic City, NJ 08401	15 STEM-E NJ , 11-12pm, Inland FSC, 3050 Spruce Ave NJ 08234
16 Yoga & Meditation , 5-6pm, Inland FSC, 3050 Spruce Ave NJ 08234	17 JFS Food Pantry & Turkey distribution, 9-3, 607 N. Jerome Avenue in Margate	18 Twice the Time– Get Air Trampoline Park. 2 hours to jump for the price of one! All day. 4403 Black Horse Pike, Mays Landing,	19 Building healthy habits in the kitchen, 3:30-4:30pm, 3050 Spruce Ave EHT NJ 08234	20 Family Support Group 7:00 – 8:30 at Cape May Library, 30 Mechanic Street, Cape May Court House	21 Caregiver Support Group, 10am, 950 Tilton Road, Northfield	22 4-H Turkey Trot, 355 Court House-South Dennis Road, Cape May Court House, 10:00am
23/30 1st Annual Food Truck Festival 11/23, 1-6pm, 319 East Jimmie Leeds Road	24 Spanish Community Center 3900 Ventnor Ave., Atlantic City, NJ	25 Youth Group– FSO, 6-8pm, 950 Tilton Road, Suite #108 in Northfield Ages 13-21	26 Food Distribution 1-2, Oceanside Family Success Center, 3201 Atlantic Avenue, Atlantic City, NJ	27 HAPPY THANKSGIVING ACFSO Food Pantry, 10-2pm, 950 Tilton Road	28 Winter Village at Excursion Park, Sea Isle City, 11am	29 Santa's lighting Celebration, 2-6pm at the Cape May Zoo.