

OCTOBER 2023 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Community Harvest Festival at Beth Israel. 3-6pm 2501 Shore Road Northfield 08225</p>	<p>2</p> <p>SJFMC Autism Workshop *Gift Card Raffle!* 5:00-7:00PM—Inland FSC- 3050 Spruce Ave Egg Harbor Township, NJ 08234</p>	<p>3</p> <p>Energy Assistance Day 11-2— Oceanside Family Success Center 3201Atlantic Avenue, Atlantic City, NJ</p>	<p>4</p> <p>"Living in the Moment" Group, 1030-1130am, 4 East Jimmie Leeds Road Galloway 08205</p>	<p>5</p> <p>Yoga 5:30-6:30— Oceanside Family Success Center 3201Atlantic Avenue, Atlantic City, NJ</p>	<p>6</p> <p>Spooktacular Halloween Party, 445-6pm, 1 Swift Drive Egg Harbor Township 08234</p>	<p>7</p> <p>Fresh Start, 2-5pm, 1 North Tennessee Avenue Atlantic City 08401, work 1:1 with a social work to seek MH</p>
<p>8</p> <p>Basic Computer Help by Appointment, 9-5am, 801 Shore Road Somers Point</p>	<p>9</p> <p>Yoga Night with Tarak 5:00-6:00PM—Inland Family Success Center 3050 Spruce Ave Egg Harbor</p>	<p>10</p> <p>Fire Safety 4-5— Oceanside Family Success Center 3201Atlantic Avenue, Atlantic City, NJ</p>	<p>11</p> <p>Fit Fusion— Cape May Court House Library- 9:15am</p>	<p>12</p> <p>One Stop for Employment and Training 12-3 Oceanside Family Success Center 3201 Atlantic Ave-</p>	<p>13</p> <p>Witch-Craft "A mystical encounter with broos & spirits", 7-11pm, Paradise Lakes Campground</p>	<p>14</p> <p>Walk-in Job Skills Lab, 10am-1pm, AC Library, 1 North Tennessee Avenue Atlantic City</p>
<p>15</p> <p>Fall Fun Field-Misty Meadows, 15 dollars, 100 Dennisville-Petersburg Rd</p>	<p>16</p> <p>Employment Assistance w/ OneStop 12pm-3pm Trunk or Treat @ Inland 6pm-7pm</p>	<p>17</p> <p>Genealogy and DNA Workshop, 10-1230, Avalon Free Public Library 235 32nd Street</p>	<p>18</p> <p>Zumba with Kellie, 5-6pm, Sea Isle Library, 4800 Central Avenue Sea Isle City</p>	<p>19</p> <p>Healthy Living with Holly - Anti-Anxiety Eating Strategies with Holly DeLong, Food & Mood, 5-7pm, 9516 2nd Avenue</p>	<p>20</p> <p>After School Tutoring 3:45-4:45 Oceanside Family Success Center 3201Atlantic Avenue, Atlantic City</p>	<p>21</p> <p>Cooking Demo with AC Food Project 11:30-12:30 — Oceanside Family Success Center 3201Atlantic Avenue, Atlantic City</p>
<p>22</p> <p>Ghost Capers Haunted Cape May Ghost Tour, 6pm, 700 Washington Street Cape May, NJ 08204</p>	<p>23</p> <p>Feminine Product Pickup 10am-3pm—New Day Family Success Center</p>	<p>24</p> <p>Managing Grief During the Holidays, 2-3pm, Ventnor Library, 6500 Atlantic Avenue Ventnor City</p>	<p>25</p> <p>Girl Talk with AtlantiCare 4:00-5:00PM—Inland Family Success Center 3050 Spruce Ave Egg Harbor Township, NJ</p>	<p>26</p> <p>Boy Talk with AtlantiCare 4:00-5:00PM— Inland Family Success Center 3050 Spruce Ave EHT</p>	<p>27</p> <p>Lead & Healthy Homes 11:00AM-1:00PM—Inland Family Success Center 3050 Spruce Ave EHT</p>	<p>28</p> <p>Boo at the zoo— Cape May Zoo, 10am-2pm</p>
<p>29</p> <p>NJCEED Breast Cancer Awareness Walk, 8:30 AM- 12:00 PM Cape May County Park and Zoo</p>	<p>30</p> <p>First-Time Homebuyers Workshop *en español!* 6:00-7:00PM—Inland Family Success Center 3050 Spruce Ave Egg Harbor Township, NJ 08234</p>	<p>31</p> 				