

# OCTOBER 2025 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Squash, Pumpkins And Gourds, Oh My!, 6-7pm, Cape May Court House library.	2 Women Empowering Single Moms- 6-7pm, 18 Martin Luther King, Pleasantville	3 Sensory Friendly Roller Skating, 4-6pm  Youngs Skating Center 763 Park Road , Mays Landing , NJ	4 Heart of Surfing- Skateboarding Day, 10:30-12  Brigantine Skatepark 4100 Bayshore Ave, Brigantine, NJ, United States
5 Sensory Sundays at Chuck-E4215 East Black Horse Pike Mays Landing, 8330 - Cheese, 9am,	6 11:30AM-12:30PM Monday Meditation & Stretching, 4 E Jimmie Leeds Road Suite 8, Galloway NJ	7 Sensory Friendly Roller Skating, 4-6pm  Youngs Skating Center 763 Park Road , Mays Landing , NJ	8 Food Distribution with JFS 1:00pm- 2:00pm , 201 Melrose Ave - Unit 3 Atlantic City, New Jersey	9 Church by the Bay, Food Pantry3-6pm, 244 E White Horse Pike, Galloway, NJ	10 Caregiver Support Group   Northfield   2nd Friday 10am- ACFSO	11 Ocean View Trail of Terror, 7-10pm, \$10 donation. 2545 Route 9, Ocean View, NJ
12 Funny Farm Rescue- Fall Festival, 9am-4pm, 6908 Railroad Blvd, Mays Landing	13 NAMI Atlantic/Cape May offers Family Support Group and Connections group , 7-9pm, virtual meeting, <a href="#">Meeting</a>	14 Depression & anxiety group, 5:30-6:30pm, 1125 Atlantic Avenue, Suite 617, Atlantic City NJ	15 Zumba, 6-7pm, Sea Isle Library.	16 Lego Club, 4-6pm, Absecon Library	17 Spooktacular Halloween Party, 4:45pm- 7:45pm, EHT Library, 8-12 y/o only	18 STEM-E NJ, 11-12, 3050 Spruce Ave EHT NJ 08234,
19 Cape May's Annual Halloween Parade, 1:30pm-3:00pm, Perry Street at South Lafayette Street	20 Superfood Secrets: Cooking with Microgreens. 5:30pm-7pm, Stone Harbor Library.	21 Journey to Healing with Beautiful Minds, 3:30pm- 4:30pm, 201 Melrose Ave - Unit 3 Atlantic City, New Jersey	22 Breast Cancer Prevention with Horizon & Feminine Supplies, 4-5pm, 3050 Spruce Ave EHT NJ 08234	23 Food Pantry, 10-2pm, 950 Tilton Road, Suite #108 in Northfield	24 Caregiver Support Group , 10-12, 950 Tilton Road, Suite #108 in Northfield	25 Boo at the Zoo- 10-2pm, Cape May County Zoo
26 Funny Farm Rescue & Sanctuary 6908 Railroad Blvd Mays Landing, NJ	27 Trunk or Treat, 5-7pm, 3050 Spruce Ave EHT NJ 08234	28 Youth Group , 6-8pm, 950 Tilton Road, Suite #108 in Northfield	29 Multicultural Festival, ACCC Atlantic City Campus, 11:30-2pm.	30 Easy-Sew Pumpkins, 1-2pm, 33 Martin Luther King Jr. Ave.	31 	