

MAY 2026 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 First Fridays with Stardust and Heart of Surfing Dance Party 5:30-8:30 Stardust Dance Studio 363 West Browning Rd,	2 Heart of Surfing- Skateboard Day, 10:30-12, Brigantine Skate Park 4100 Bayshore Ave, Brigantine
3 Heart of Surfing at Playland's Castaway Cove 1:00 pm - 3:00 pm Playland's Castaway Cove 1020 Boardwalk, Ocean City	4 Breastfeeding & Baby Basics, 6-9pm, AtlantiCare LifeCenter 2500 English Creek Avenue Building 200 Egg Harbor Township, NJ	5 Growing the 8 Dimensions of Wellness in the Garden (Virtual) 12:30 p.m.-1:00 p.m Registration	6 Spring Yoga and Violin, 6-7:30pm. 106 N. Main Street, Cape May Court House	7 New Jersey Seafood and Healthy Living, 6-7:30pm, Ocean City Library, 1735 Simpson Avenue Ocean City, NJ, 08226	8 Lo-Fi Hangout, 3-4pm, Ages- 10-17, 30 Mechanic St- CMCH Library	9 Wildwoods Spring Fling Festival- 11am-7pm, Byrne Plaza, 3400 Pacific Avenue,	
10 Mothers Day!	11 NAMI Family Support Group (Somers Point) 7-8:30pm, Saint Joseph Church in Somers Point	12 Milkshakes in May, 6pm, Mays Landing Library	13 Health Screenings- AtlantiCare- Hammonton FSC- 10-12pm, 310 Bellevue Ave, Hammonton	14 Grandparents Raising Grandchildren May 2026 Program: Cultivating Wellness, 5-6pm, 355 Court House-South Dennis Road Cape May	15 Cape May Pool Family Swim, 6:15- 7:30. \$10/person. 921 LAFAYETTE ST. CAPE MAY	16 2026 Coast Guard Community Festival, 10am, U.S. Coast Guard Training Center Cape May 93 Munro Dr, Cape May	
17 Mayfest at the Historic Smithville, 10am-5pm, 615 E. Moss Mill Road, Galloway.	18 Employment Assistance w/ One Stop Career Center, 1-2pm, 18 Martin Luther King Junior Avenue	19 Furry Buddies, 6-7pm, Mays Landing Children Area- Library- Story telling with therapy dogs.	20 Backyard Composting Workshop, ACUA, 5:30pm, Building 1 6700 Delilah Road, EHT	21 Eating Well for Healthy Aging, 12:30-1:30pm, Register	22 Friday Night at Rea's Farm (Community Music & Market) West Cape May	23 Yoga for Kids, ages 5-12, 11am, Egg Harbor Township Library	
24/31 Atlantic City Air Show - 5/31	25 Memorial Day	26 Depression and Anxiety peer support group, 5:30-6:30pm, Mental health Association, 1125 Atlantic Avenue, Suite 617, Atlan-	27 Got Stress Support Group, 4-5pm, 1125 Atlantic Avenue, Suite 617	28 NAMI Family Support Group, 7-8:30pm. Cape May Library, 30 Mechanic Street, Cape May Court House, NJ 08215	29 Financial Literacy Classes, 1:00pm, Atlantic city Library 1. North Tennessee Ave	30 Yoga on the Beach, 9am, beach at Burk Avenue behind the Wildwoods Convention Center, 8/cash or Venmo per class or \$5 for	