

NOVEMBER 2024 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>Family Fall Fest- 3-6pm, The Yale School 1000 Burton Ave, Northfield, NJ 08225</p>
<p>3</p> <p><i>Fall Back- Turn clocks back 1 hour.</i></p> <p><i>Cape May Restaurant Week</i></p>	<p>4</p> <p>3050 Spruce Ave. Egg Harbor Township, NJ 08234 Yoga & Meditation with Tarak 5:00-6:00PM</p>	<p>5</p> <p>JR Youth Partnership group, 9-12 years old, 6:00pm, 950 Tilton Rd 108, Northfield, NJ 08225</p> <p><i>Election Day!</i></p>	<p>6</p> <p>Yoga- 4:30pm, The Recovery Center 1304 Route 47, Unit WL Rio Grande, NJ. 08242</p>	<p>7</p> <p>Stress Relief Roller Workshop, essential oils- Cape May County Library- Stress Relief Roller Workshop, 6:30-7:30pm</p>	<p>8</p> <p>Kids Crafts To-Go: Fall Vibes All-day, Brigantine Library- 201 15th Street South Brigantine 08203</p>	<p>9</p> <p>Cape May Zoo- Princess and Pirate Day, 11-2pm</p>
<p>10</p> <p>Virtual Meditation- MHA- 7pm, contact: unitedbywellness@MHANJ.ORG</p>	<p>11</p> <p><i>Special Needs Resource Fair, EHT High School, 6:30-8:30pm (24 High school Drive, EHT)</i></p> <p><i>Veterans Day!</i></p>	<p>12</p> <p>Youth Partnership Group, 13-21 years old, 6:00pm, 950 Tilton Rd 108, Northfield, NJ 08225</p>	<p>13</p> <p>Employment Café with Atlantic County One-Stop 1:00-2:00PM - Whisking Up Fall Flavors with SNAP-Ed 3050 Spruce Ave. Egg Harbor Town-</p>	<p>14</p> <p><i>Adult & Children Flu Vaccine Clinic: 1:15pm-3:00pm, Woodbine School 801 Webster St., Woodbine, NJ 08270</i></p>	<p>15</p> <p>Roller Skating with Hearts of Surfing- Youngs Skating Center, 763 Park Road, Mays Landing- Sensory Friendly, 4-6pm</p>	<p>16</p> <p>Skateboarding with Heart of Surfing, 10:30-12pm</p> <p>Brigantine Skate Park 4100 Bayshore Ave, Brigantine, NJ</p>
<p>17</p> <p>Christmas Market- Convention Hall- Cape May, 10-4pm</p>	<p>18</p> <p>Mental Health Virtual Writing Group- 5pm, contact: unitedbywellness@MHANJ.ORG</p>	<p>19</p> <p>STEAM Challenge Day, 4:30-5:30pm, EHT Library, 1 Swift Drive Egg Harbor Township 08234</p>	<p>20</p> <p>Hammonton FSC- Soup Kitchen, 4-5pm, 310 Bellevue Ave, Hammonton NJ</p>	<p>21</p> <p>NAMI Family Support Group, 7:00pm, CMCH Library-30 Mechanic Street Middle Township 08210</p>	<p>22</p> <p><i>Roller Skating with Heart of Surfing, 4-6pm, Youngs Skating Center 763 Park Road, Mays Landing, NJ</i></p>	<p>23</p> <p>Fresh Start- Navigating social services & resources for MH programs, AC Library, 2-5pm 1 North Tennessee, Apt needed</p>
<p>24</p> <p>Margate Community Farmers Market, 10-1pm, Steve & cookies, 9700 Amherst Ave (inside)</p>	<p>25</p> <p>Intro to Barre Fusion, 3:30-4:30, 720 Franklin Street Cape May 08204</p>	<p>26</p> <p>Furry Buddies- reading with therapy dogs- 6-7pm, Gallopway Library, 306 East Jimmie Leeds Road</p>	<p>27</p> <p>Food Pantry 10-12, Hammonton Family Success Center, 310 Bellevue Ave, Hammonton NJ</p>	<p>28</p> <p><i>Happy Thanksgiving!</i></p>	<p>29</p> <p>All-A-Board- board games, Absecon Library, 305 New Jersey Avenue, 4-10</p>	<p>30</p> <p>Cape May Zoo- Tree Lighting Celebration, 2-6pm</p>