

JUNE 2022

WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Exploring Spirituality online- 12-1pm unitedbywellness@mhanj.org	2 Family Paint Night 4-6pm New Day Family Success Center 622-624 S. New York Road	3 Herb Dish garden Demo- Woodbine Community Center at 1pm	4 West Cape May Strawberry Festival, 9-5pm 732 Broadway W. Cape May West Cape May
5 Chuck E Cheese 9-11, Sensory friendly time	6 Healthy Frozen Dessert: 5-6pm Inland Family Success Center 3050 Spruce Ave. Egg Harbor Township, NJ 08234	7 Yoga, 10-11 New Day Family Success Center 622-624 S. New York Road Galloway, NJ 08205	8 Dealing with Depression support group, 7-8pm unitedbywellness@mhanj.org	9 American Sign Language Class 11-12 1 North Tennessee Avenue Atlantic City 08401	10 Women's Health 11-12pm Inland Family Success Center 3050 Spruce Ave. Egg Harbor Township, NJ 08234	11 Wildwood Farmers Market Bryne Plaza 9:00am
12 Wildwood Restaurant week	13 Line Dance Inland Family Success Center 3050 Spruce Ave.	14 Research & DNA into your family history Cape May County Library 10am	15 Homebuyers Workshop Inland Family Success Center 3050 Spruce Ave. Egg Harbor Township, NJ 08234	16 Rising Minds— Support groups 18-30 y/o 6-7pm btrendler@mhanj.	17 English as a second language 10am- AC library mmc-geary@acfpl.org	18 Brigantine Farmers Market, 8-12 Brigantine Community School
19 Fathers Day!	20 Juneteenth Paint Night, 5-6 Inland Family Success Center 3050 Spruce	21 Body Image and Balance Meeting 7pm btrendler@mhanj.org	22 Life in waves for working women 7pm lifeinwaves@mhanj.org	23 Family Meeting Support Group 10:00am- virtual vphilips@mhaac.info	24 English to second language, virtual 10am, mmc-geary@acfpl.org	25 Labor & Literacy club 11-1pm AC Free Library- Tennessee Ave.
26 Summer concerts 7-8:15pm Rotary Park 400-498 Lafayette St, Cape May, NJ 08204	27 Move & meditate- 4:30pm, CMCH library	28 Black Stories Matter, Virtual Book Club- Ac library, 4-445, mmc-geary@acfpl.org	29 Zumba At Sea Isle Library 5:00pm	30 Galloway Earth Day- Smithville Village, 4pm		