

Wildwood Crest Mayor's Wellness Calendar of Events

November 2024



Adult Fitness-A total body fitness program designed for mature adults. The class meets Mon., Tues., Thurs., 10 :00 am-11:00 am at Crest Pier Recreation. Cost \$5.

Walking Wednesdays – 30-minute choreographed aerobics program designed to burn calories and build endurance. Wednesdays 9:00- 9:30 am. Free program.

Latin Pump-Adult exercise program featuring aerobic dance and light strength training and body sculpting. Class meets Wednesdays, 6:00 pm -7:00 pm at Crest Pier starting October 16. Cost \$5.

Holiday Food Drive- Canned goods and personal household products collected at Crest Pier Recreation and the CAP Center to support local food pantries for the holiday season.

File of Life Program-This program provides first responders with the information they need to help provide the best care for you in an emergency. This is a free presentation will be held on Thursday, November 14, at 11:15 am-12:00 pm at Crest Pier Recreation Center. Light refreshments served.

Crest Kids Play Time- Unstructured drop-in open play time for children ages 2-4 years of age at Crest Pier Recreation every Wednesday starting November 8, at 10:00 am-12:00 pm. Make friends, build motor skills, communication, and confidence. Children must be accompanied and supervised by parent/guardian. This program is free of charge.

The Food Exchange- This online community forum is designed to encourage discussion and information on food, nutrition and healthy living. Content includes organic foods, healthy alternatives to junk food, recipes, weekly sales and food budgeting, clean personal care products and more. www.facebook.com/wvcwellness