

2015 Calendar

Health & Wellness Events



#	WHAT	WHERE	WHEN
1	Bike Safety Week •Bike Tune-Up Day •Bike Safety Assembly •National Bike to School Day	 Bay Head School Bay Head School Centennial Park	●Monday, May 4th ●Tuesday, May 5th ●Wednesday, May 6th
2	Bay Head 5K Memory Race Run to remember Kate Shea and raise funds for cancer awareness.	Start at BH Fire Station	Saturday, May 16th. Race starts at 8:30 AM. Register at bayhead5k.com
3	Walking Wednesdays Walk and bike to the Bay Head School.	Under the Clock - Town Center	Starts Wednesday, April 22nd and continues thru June 3rd. The <i>Walking Bus</i> leaves at 7:45 AM.
4	Beach Yoga Start your day with yoga!	Howe Beach Entrance	Every Friday, Saturday, and Sunday - 8 AM Memorial Day thru Labor Day. \$10 per session. For more, go to www.therapeutictouchnj.com
5	Fit Club Join the Club and feel great all day.	Howe Beach Entrance	Starts Saturday, May 23rd. 8 AM - Tuesdays, Thurs, & Saturday. \$12 per class. For information, go to www.therapeuticfitnessnj.com
6	Bike & Pedestrian Plan •Visioning Workshop •Public Info Center - Sur	 BH Fire Station	4 PM - 8 PM. See other side. ●Wednesday, June 10th ●Wednesday, August 26th
7	Young at Heart Fitness and exercise for seniors to benefit heart function, muscle strength, balance, and flexibility.	BH Fire Station	11 AM every Monday April 27 thru November 30th \$5 per class. See bayheadnj.org/mwc for details.
8	Pickleball in the Park Learn about the racquet sport for all ages and abilities that is sweeping the nation.	Centennial Park Tennis Court	To be determined 
9	Summer Solstice Welcome summer with a celebration led by Eileen Ellis.	Howe Beach Entrance	Saturday, June 20th - 7 PM
10	Walk with Mayor Curtis •Walk the Business Districts •Bay Head Yacht Club Walk •The "Go Green" Recycling Walk	Walks start at Town Center - Under the Clock	All walks begin at 9 AM. ●Wednesday, June 24th ●Wednesday, July 22nd ●Wednesday, August 5th
11	Summer Rec Program Summer activities for kids. To register, call 732-892-0574.	All Saints Church	July 7th - August 7th Tuesday thru Thursday 9:00 AM- 12 Noon
12	Bay Head Summer Tennis Camp "Learn to Play" instructions. Sponsored by the <i>BH Home and School Assoc.</i> Sign up early!	BH School Tennis Courts	July 5th - August 7th 5 weekly sessions - \$60 per week or \$250 for all five weeks. Register at bayheadschool.org . Contact kirhinds@aol.com .
13	Cooking for Kids Healthy cooking class for kids given by <i>Sunshine Kate</i> .	Check web site	●July 14th ●August 11th \$15 preregister. Call 732-581-4416.
14	Beach Olympics Races and Olympic events on the Beach.	To be determined	● Thursday night, July 30th ● Thursday night, August 6th Races start at 6:45.
15	Duck Derby/ Shark 5K Run Support the BH School, run the race, & cheer your favorite duck.	Centennial Park and Scow Ditch	Saturday, October 3rd

Visit us at www.bayheadnj.org/mwc