

Pickle Ball

Pickleball is a fast growing sport for all ages both nationally and in Ocean City. For a detailed description read this page: [What is Pickleball?](#) Come and try it out. The session is especially designed for beginners. No need to notify the sponsor. Participants may take part in the order in which they arrive. Equipment will be provided

Time: Friday, November 20 at 5:00 pm

Facility: Ocean City Civic Center

Contact: Mike Columbo at 226-0503

KickBall

Join Members of the South Jersey Sports League playing kickball under the lights! This is for adults over the age of 21!

Time: Friday, November 20 at 6:00pm

Facility: Fields at 6th & Bay Ave

Contact: Jon Smith at 610-937-0501

Healthy Eating for the Holidays

Time: Saturday, November 20 at 2:00 pm

Facility: Shores of Wesley Manor, 2201 Bay Avenue

399-8505

Family Fitness w/Carrie Merritt

Activity: **Family Fitness**

Description: Whether you are young or old, fitness should be fun! Gather the kids and get ready to move at Family Fitness. Through the use of thematic and creative fitness stations, children and adults alike will not even realize they are exercising! Families will have the opportunity to laugh, smile and enjoy a little movement together. All ages welcome...fitness is for the whole family!

Time: Saturday, November 21, 11:00am

Location: OC Senior Center

Holiday Cooking Demo

Activity: **Holiday Cooking Demonstration**

Description: Chef Annmarie Chelius will conduct lively cooking demonstrations that will highlight healthy recipe options for the Thanksgiving holiday. Menu selections include "Classy Collards" (vegan), and Pumpkin Stuffing Mushrooms. Come out and join the fun! Small tasting samples will be provided.

Time: Sunday, November 22, 10 a.m. to noon *and* 1 – 3 p.m.

Location: OC Senior Center

Sponsor: Ocean City Library

Spaces Available: 20 per session

Contact: Chef Annmarie Chelius (achelius@atlantic.edu)