





May

RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	Monday 3-7:30pm	Tuesday 5:30-7pm	Wednesday 3-7:30pm	Thurs 2-4pm	Friday 12:30-5pm	Sat 12:30-5pm
				1 CLOSED	2 Paint Night	3 1. Game Night 2. Scavenger Hunt
4 Shopping Trip 	5 1. NAMI In Our Own Voice Presentation 2. Making a Budget	6 Satellite Group Pemberton Library	7 1. Men's Group 2. Women's Group 3. Healthy Hygiene	8 Nature Walk	9 	10 Time Management
11 1. Yoga and Tai Chi 2. Healing Through Horticulture	12 1. Rutgers SNAP-Ed 2. NJ CHOICES	13 Satellite Group Maple Shade OLPH	14 1. Wellness Recovery Action Plan 2. Mask Making: Regulating Emotions	15 Nature Walk	16 SMART Recovery	17 Trip to Steel Mill Street Fair
18 1. Improving Environmental Wellness 2. Meditation Group	19 1. Managing the Mind through Autogenics 2. Grounding Techniques	20 Zoom Group	21 1. Hearing Voices Support Group 2. Grief Group	22 Nature Walk	23 Learning American Sign Language	24 1. Treasure Hunt 2. Practicing Mindfulness
25 Memorial Day Weekend BBQ	26 CLOSED 	27 Satellite Group Maple Shade OLPH	28 1. Emotions in Motion 2. Getting to Know You	29 Nature Walk	30 Yoga and Tai Chi	31 Occupational Wellness