





RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 1-5 pm	Monday 2:30-7 pm	Tue 5:30-7 pm	Wednesday 2:30-7 pm	Thurs 2-4 pm	Friday 12:30-4:30 pm	Sat 12:30-5pm
1 Finding Your Strength	2 Shopping Trip 	3 Zoom Group	4 1.Men's Group 2.Women's Group	5 Nature Walk	6 Achieving Financial Independence	7 Trivia Night
8 Trip to Trenton Thunder Game	9 1. Yoga and Tai Chi 2. Protective Factors	10 Satellite Group Maple Shade OLPH	11 UR in Charge	12 Nature Walk	13 SMART Recovery	14 Goal Setting
15 1. Karaoke Sunday 2. Finding Gratitude	16 1. Rutgers SNAP-Ed 2. Conflict Resolution Skills	17 Satellite Group Pemberton Library	18 1. Hearing Voices Support Group 2. Grief Group	19 Nature Walk	20 African Music and Dance	21 Wellness Wheel of Fortune
22 Trip to New Jersey State Museum	23 1. Self Care 2. Creative Writing	24 Satellite Group Maple Shade OLPH	25 Artz in Action	26 Nature Walk	27 1. Yoga and Tai Chi 2. LGBTQIA+ Awareness	28 Burlington City Boardwalk Event
29 	30 1. Art Therapy 2. Motivating Morning Routines				