






RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 1-5pm	Monday 2:30-7pm	Tuesday 5:30-7pm	Wednesday 2:30-7pm	Thursday 2-4pm	Friday 12:30-4:30pm	Saturday 12:30-5pm
	1 CLOSED  LABOR DAY	2 CLOSED	3 End of Summer BBQ	4 CLOSED	5 Fall Diamond Art	6 Movie Night
7 Shopping Trip 	8 NAMI In Our Own Voice Presentation	9 Satellite Group Maple Shade OLPH	10 Artz in Action	11 CLOSED	12 Trip to Boundary Creek Park	13 Financial Wellness
14 Karaoke Sunday	15 BINGO 	16 Zoom Group	17 1. Hearing Voices Support Group 2. Creative Writing	18 CLOSED	19 Yoga and Tai Chi	20 SMART Goals
21 Simple Chair Workout Exercises	22 "Shrug it Off" Releasing Neck and Shoulder Tension	23 1.Recovery Walk and Picnic 2. Maple Shade Group	24 Guided Imagery	25 CLOSED	26 Trip to South Street	27 Building DBT Skills
28 Yoga and Tai Chi	29 Life Reflection Collage	30 CLOSED				