

# May





## RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Assistant Program Coordinator: Andrew: 609-209-3954

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	Monday 1:30-7:00pm	Tuesday 5:30-7pm	Wednesday 1:30-7:00pm	Thurs closed	Friday 1:30-6:30pm	Sat 12:30-5pm
					<b>1</b> Intellectual Wellness	<b>2</b> 
<b>3</b> 	<b>4</b> Live Concert The Fabulous Zephyr Band	<b>5</b> Satellite Group Pemberton Library	<b>6</b> 1. Men's Group 2. Women's Group	<b>7</b>	<b>8</b> Better Together Tissue Paper Flower Making	<b>9</b> 1. Financial Wellness 2. Healthy Habits
<b>10</b> Mother's Day Glam and Games	<b>11</b> 1. Yoga and Tai Chi 2. Staying Cool in the Summer Heat	<b>12</b> Satellite Group Maple Shade OLPH	<b>13</b> 1. Self Awareness 2. Artz in Action	<b>14</b>	<b>15</b> NAMI NJ Advocacy Presentation	<b>16</b> Harriet Tubman Exhibit
<b>17</b> Trip to the Funny Farm Animal Rescue	<b>18</b> Fear Collage	<b>19</b> CLOSED	<b>20</b> 1. Hearing Voices Support Group 2. Coping with Grief	<b>21</b>	<b>22</b> Yoga and Tai Chi	<b>23</b> Building Balance (Fall Prevention Series pt. 2)
<b>24</b> Memorial Day Weekend BBQ	<b>25</b> CLOSED 	<b>26</b> Satellite Group Maple Shade OLPH	<b>27</b> 1. Emotional Landscape 1. Guided Imagery	<b>28</b>	<b>29</b> Petals of Gratitude	<b>30</b> NAMI Mercer Walk 9am-12pm
<b>31</b> Counting it Out						