



# JANUARY

## 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 10:30am- 12:30pm	Friday 12:30-4:30pm	Saturday 12:30-5pm
				<b>1</b> <b>CLOSED</b>	<b>2</b> <b>American Sign Language</b>	<b>3</b> <b>New Year Vision Boards</b>
<b>4</b> <b>SMART Recovery</b>	<b>5 Shopping Trip Deptford Mall</b> 	<b>6</b> <b>Satellite Group Pemberton Library</b>	<b>7</b> <b>1. Men's Group 2. Women's Group</b>	<b>8</b> <b>Mornings with Michael</b>	<b>9</b> <b>Paint Night</b>	<b>10</b> <b>Financial Wellness</b>
<b>11</b> <b>Chair Massages</b>	<b>12</b> <b>Yoga and Tai Chi</b>	<b>13</b> <b>Satellite Group Maple Shade OLPH</b>	<b>14</b> <b>Wellness Recovery Action Plan</b>	<b>15</b> <b>CLOSED</b>	<b>16</b> <b>Trip to University of Pennsylvania Museum</b>	<b>17</b> <b>Cleanliness Tips</b>
<b>18</b> <b>Anger Management</b>	<b>19</b> 	<b>20</b> <b>CLOSED</b>	<b>21</b> <b>1. Hearing Voices Support Group 2. Trivia Night</b>	<b>22</b> <b>Mornings with Michael</b>	<b>23</b> <b>Finding Support During Times of Grief</b>	<b>24</b> <b>Yoga and Tai Chi</b>
<b>25</b> <b>Karaoke Sunday</b>	<b>26</b> <b>Building Boundaries, Not Walls</b>	<b>27</b> <b>Satellite Group Maple Shade OLPH</b>	<b>28</b> <b>Emotions in Motion</b>	<b>29</b> <b>6-8pm Burlington Recovery Center Candle Decorating</b>	<b>30</b> <b>Acceptance Box</b>	<b>31</b> <b>8 Dimensions: Emotional Wellness</b>