



# RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016  
 Program Coordinator: Michael: 609-480-6845  
 Transportation: Mike Z: 609-462-3611

Sunday 12:30-5 pm	Monday 3-7:30 pm	Tuesday 5:30-7pm	Wednesday 9:30-11:30am 3-7:30 pm	Thurs closed	Friday 12:30-5 pm	Sat 12:30-5pm
<b>1</b> Yoga and Tai Chi	<b>2</b> Anger Management	<b>3</b> CLOSED	<b>4</b> 1. AM Walking Group 2. Emotions in Motion	<b>5</b>	<b>6</b>  Christmas Shopping Trip	<b>7</b> Healthy Hygiene
<b>8</b> 1. LGBTQIA2S+ Awareness 2. Financial Wellness Pt 1	<b>9</b> DBT Skills	<b>10</b> Satellite Group Maple Shade	<b>11</b> 1. AM Walking Group 2. Rutgers SNAP-Ed	<b>12</b>	<b>13</b> Glam and Games Night	<b>14</b> Living Nativity 5-8pm
<b>15</b> 1. Managing Holiday Stress 2. Financial Wellness Pt 2	<b>16</b> Shady Brook Farm Holiday Light Show	<b>17</b> CLOSED	<b>18</b> 1. AM Walking Group 2. Hearing Voices	<b>19</b>	<b>20</b> Holiday Karaoke	<b>21</b> UR in Charge
<b>22</b> 1. Holiday Craft 2. Financial Wellness Pt 3	<b>23</b> 1. SMART Recovery 2. Bingo	<b>24</b> CLOSED	<b>25</b> CLOSED  Nativity	<b>26</b>	<b>27</b> Holiday Party	<b>28</b> Artz in Action
<b>29</b> 1. Ultimate Coping Playlist 2. Financial Wellness Pt 4	<b>30</b> Yoga and Tai Chi	<b>31</b> CLOSED	CLOSED  Happy New Year	<b>Happy Holidays!</b> 		