

RIVERBANK COMMUNITY WELLNESS CENTER

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

Monday 3-7:30pm	Tuesday 5:30-7pm	Wednesday 9:30-11:30am 3-7:30pm	Thurs closed	Friday 12:30-5pm	Sat 12:30-5pm
		1 CLOSED Happy New Year	2	3 Shopping Trip	4 CBT Skills
<i>6</i> NJ CHOICES Healthy Living	7 Satellite Group Pemberton Library	<i>8</i> 1. AM Walking Group 2. Guided Imagery	9	<i>10</i> 1. Window of Tolerance 2. Yoga and Tai Chi	11 Occupational Wellness
<i>13</i> SMART Recovery	14 Satellite Group Maple Shade OLPH	<i>15</i> 1. AM Walking Group 2. Hearing Voices	16	17 Winter Self Care Skills	<i>18</i> Positive Affirmations
<i>20</i> NJ CHOICES Healthy Living	<i>21</i> Zoom Group	<i>22</i> 1. AM Walking Group 2. Wellness Recovery Action	23	<i>24</i> 1. DBT Skills 2. Yoga and Tai Chi	<i>25</i> Emotions in Motion
27 BINGO	<i>28</i> Satellite Group Maple Shade OLPH	<i>29</i> 1. AM Walking Group 2. SNAP-Ed	30	31	
	3-7:30pm 6 NJ CHOICES Healthy Living 13 SMART Recovery 20 NJ CHOICES Healthy Living	3-7:30pm5:30-7pm3-7:30pm5:30-7pm6 NJ CHOICES Healthy Living7 Satellite Group Pemberton Library13 SMART Recovery14 Satellite Group Maple Shade OLPH20 NJ CHOICES Healthy Living21 Zoom Group27 Maple Shade28 Satellite Group Maple Shade	3-7:30pm5:30-7pm9:30-111:30am 3-7:30pm3-7:30pm5:30-7pm9:30-111:30am 3-7:30pm6 NJ CHOICES Healthy Living7 Satellite Group Pemberton Library8 1. AM Walking Group 2. Guided Imagery13 SMART Recovery14 Satellite Group Maple Shade OLPH15 1. AM Walking Group 2. Hearing Voices20 NJ CHOICES Healthy Living21 Zoom Group 2. Wellness Recovery Action27 Image: Image: Satellite Group Maple Shade29 1. AM Walking Group Group Diverse	3-7:30pm5:30-7pm9:30-11:30am 3-7:30pmclosed3-7:30pm5:30-7pm3-7:30pmclosed671CLOSED267Satellite Group Pemberton Library81AM Walking Group 2. Guided Imagery9131451. AM Walking Group 2. Guided Imagery162014Satellite Group Maple Shade OLPH151. AM Walking Group 2. Hearing Voices2320NJ CHOICES Healthy Living21Zoom Group 2. Hearing Voices232728 Satellite Group Maple Shade29 1. AM Walking Group 2. Wellness Recovery Action30	3.7:30pm5:30-7pm9:30-11:30am 3-7:30pmclosed12:30-5pm3.7:30pm5:30-7pm3.7:30pmclosed12:30-5pm41CLOSED23 Shopping Trip67Satellite Group Pemberton Library1. AM Walking Group 2. Guided Imagery9101314151617131415161713SMART Recovery21221. AM Walking Group 2. Hearing Voices161720212021221. AM Walking Group 2. Wellness Recovery Action23242728 Satellite Group Maple Shade293031