

JANUARY

RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	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 	2	3 Shopping Trip 	4 CBT Skills
5 1. New Year Vision Boards 2. Financial Wellness Pt 5	6 NJ CHOICES Healthy Living	7 Satellite Group Pemberton Library	8 1. AM Walking Group 2. Guided Imagery	9	10 1. Window of Tolerance 2. Yoga and Tai Chi	11 Occupational Wellness
12 1. Karaoke 2. Financial Wellness Pt 6	13 SMART Recovery	14 Satellite Group Maple Shade OLPH	15 1. AM Walking Group 2. Hearing Voices	16	17 Winter Self Care Skills	18 Positive Affirmations
19 Bowling Trip 	20 NJ CHOICES Healthy Living	21 Zoom Group	22 1. AM Walking Group 2. Wellness Recovery Action	23	24 1. DBT Skills 2. Yoga and Tai Chi	25 Emotions in Motion
26 	27 	28 Satellite Group Maple Shade OLPH	29 1. AM Walking Group 2. SNAP-Ed	30	31	