



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
**St. Patrick's
Parade Trip**

2
**Music
Jam**

3
**1. NJ CHOICES
2. Expressing
Self-Worth**

4
**Satellite Group
Pemberton
Library**

5
**1. AM Walking Group
2. Men's and
Women's Group**

6
7 Shopping Trip

8
**Managing
Grief**

9
**Rowan
Planetarium
Trip**

10
**1. Yoga and Tai Chi
2. Managing
Flashbacks**

11
**Satellite Group
Maple Shade
OLPH**

12
**1. AM Walking Group
2. UR in Charge**

13
**14
Gratitude
Shamrocks**

15
**Game
Night**

16
**Making
Mini Zen
Gardens**

17
**1. NJ CHOICES
2. Wellness
Wheel of Fortune**

18
**Zoom
Group**

19
**1. AM Walking Group
2. Hearing Voices
Support Group**

20
**21
Yoga
and
Tai Chi**

22
**DBT
Skills**

23
**SMART
Recovery**

24
**Brain Injury
Alliance of NJ
Presentatation**

25
**Satellite Group
Maple Shade
OLPH**

26
**1. AM Walking Group
2. Artz in Action**

27
**28
Sleep
Hygiene**

29
**Exercise
Basics**

30
**Interpersonal
Effectiveness**

31
**1. SNAP-Ed
2.**

