



RESOURCES FOR INDEPENDENT LIVING, INC.

Please see below for the programs each day. Program times are indicated below each program. If you are interested in one of our classes or our program please contact Jamie Cole at jcole@rilnj.org or 856-825-0255. We currently are offering services for residents of Cumberland, Salem, Cape May and Atlantic and Mercer Counties through the DDD Supports Program.

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday
9AM– 10AM	9:00AM to 9:30AM Meditation	9:00AM to 9:30AM Meditation	9:00AM to 9:30AM Meditation	9:00AM to 9:30AM Meditation	9:00AM to 9:30AM Meditation
	9:30AM - 10:00AM Journaling	9:30AM - 10:00AM Journaling	9:30AM - 10:00AM Journaling	9:30AM - 10:00AM Journaling	9:30AM - 10:00AM Journaling
10AM-11AM	Photography 101	Science 101	Pre-Employment Skills	Baking	Photography 101
11AM-12PM	12:30PM – 1:30PM Anger Management	Zumba	Boxing for Fitness	Yoga	Balance Fitness
	11:00AM Strength Fitness				
12PM-1PM	Trivia	12:30 - 1:30PM Communication Skills	Painting	Health and Hygiene	Painting
1PM-2PM	Crafting	1:30 PM - 2:30PM Budgeting and Banking	Scavenger Hunt Online!	Sewing Social Skills	Crafting
		1:00 - 2:00 Social Skills			
2-3PM	Healthy Cooking	Meditation	Balance Fitness	Yoga	Healthy Cooking
3-4PM	Crafting	Painting	Health and Hygiene	Painting	Crafting
4-5PM	Driver's Ed Permit Prep	Driver's Ed Permit Prep	Driver's Ed Permit Prep Meditation	Cardio Fitness	Pre-Employment Skills