

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

JULY 2018

Wellness Center Hours: 9:00 a.m. – 4:00 p.m.

137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Card Games 10:00 Breakfast Chat 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary</p>	<p>3</p> <p>9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 WRAP 3:00 Bingo</p>	<p>CENTER CLOSED</p> 	<p>5</p> <p>9:00 Card Games 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>6</p> <p>9:00 Hands on Gardening 10:00 Reflections 11:00 Board Games 12:00 Food Distribution** 12:00 NAMI Connect 1:30 Art 3:00 Meditation</p>
<p>9</p> <p>9:00 Card Games 10:00 Breakfast Chat 1:30 Self Esteem 3:00 Pictionary</p>	<p>10</p> <p>9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 WRAP 3:00 Bingo</p>	<p>11</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:00 Birthday & Awards Celebrations 1:00 Anger Management 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>12</p> <p>9:00 Card Games 10:00 Chat with a Nurse 11:00 Journaling 12:00 Board Games 1:00 Movie</p>	<p>13</p> <p>9:00 Hands on Gardening 10:00 Member's Meeting 11:00 Board Games 12:00 Food Distribution** 12:00 NAMI Connect 1:30 Art 3:00 Meditation</p>
<p>16</p> <p>9:00 Card Games 10:00 Breakfast Chat 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary</p>	<p>17</p> <p>9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 WRAP 3:00 Bingo</p> <p>*OUTING*</p>	<p>18</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Assertiveness - Brad 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>19</p> <p>9:00 Card Games 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>20</p> <p>9:00 Hands on Gardening 10:00 Reflections 11:00 Board Games 12:00 Food Distribution** 12:00 NAMI Connect 1:30 Art 3:00 Meditation</p>
<p>23</p> <p>9:00 Card Games 10:00 Breakfast Chat 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary</p>	<p>24</p> <p>9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 WRAP 3:00 Bingo</p>	<p>25</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Anger Management - Brad 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>26</p> <p>9:00 Card Games 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>27</p> <p>9:00 Hands on Gardening 10:00 Member's Meeting 11:00 Board Games 12:00 Food Distribution** 12:00 NAMI Connect 1:30 Art 3:00 Meditation</p>
<p>30</p> <p>9:00 Card Games 10:00 Breakfast Chat 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary</p>	<p>31</p> <p>9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 WRAP 3:00 Bingo</p>			

***Free to Choose with Turning Point staff every Tuesday at 10am by referral only**

*We request that you attend at least two groups during the week to qualify for a food bag. Socialization does NOT count as a group.