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

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo	5 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:30 Birthday & Awards Celebrations 1:00 Dual-Diagnosis 2:00 Art	6 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	7 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
11 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo	12 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	13 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	14 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
18 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo	TAY 4:30-6:00pm 19 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	20 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	21 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
25 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo	TAY 4:30-6:00pm 26 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	27 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	28 ANNUAL PICNIC @ FERNS PARK WOODLAND IIAM-3PM PICNIC PICNIC PARK
	4 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo 11 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo 18 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo 25 9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo	4 5   9:00 Topic Chat 9:00 Check-in   10:00 Board Games 10:00 Women's Group   11:00 Positivity 12:00 Nutrition   1:00 Art 12:30 Birthday & Awards   3:00 Bingo Celebrations   1:00 Topic Chat 10:00 Women's Group   11 12:30 Birthday & Awards   2:00 Art TAY 4:30-6:00pm   11 12   9:00 Topic Chat 9:00 Check-in   10:00 Board Games 10:00 Women's Group   11:00 Positivity 11:00 Men's Group   12:00 Gratitude 12:00 Nutrition   1:00 Art 1:00 Dual-Diagnosis   3:00 Bingo 2:00 Art   18 19   9:00 Topic Chat 10:00 Women's Group   11:00 Positivity 11:00 Men's Group   12:00 Gratitude 12:00 Nutrition   11:00 Positivity 12:00 Nutrition   1:00 Art 1:00 Dual-Diagnosis   3:00 Bingo 2:00 Art   25 26   9:00 Topic Chat 9:00 Check-in   10:00 Women's Group 11:00 Men's Group   11:00 Positivity 10:0	4   5   9:00 Topic Chat   9:00 Check-in   9:00 Topic Chat     10:00 Board Games   11:00 Nen's Group   11:00 Vortis Group   11:00 Vortis Group     12:00 Gratitude   12:00 Nutrition   12:00 Board Games   10:00 Woren's Group     12:00 Art   12:00 Nutrition   12:00 Board Games   10:00 Woren's Group     11   12   13   10:00 Movie     9:00 Topic Chat   10:00 Check-in   10:00 Journaling     11:00 Positivity   11:00 Men's Group   12:00 Soard Games     11:00 Positivity   11:00 Men's Group   12:00 Board Games     11:00 Positivity   11:00 Men's Group   12:00 Board Games     11:00 Dositivity   11:00 Dual-Diagnosis   1:00 Woekend Planning     12:00 Foric Chat   10:00 Dual-Diagnosis   1:00 Movie     11:00 Positivity   11:00 Men's Group   1:00 Movie     12:00 Soard Games   1:00 Men's Group   1:00 Movie     11:00 Positivity   1:00 Men's Group   1:00 Movie     12:00 Gratitude   1:00 Men's Group   1:00 Movie     10:00 Journaling   1:00 Men's Group   1:00 Movie

\*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.