



# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## MAY 2019

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

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

\* Asian Pacific American Heritage Month / Jewish American Heritage Month / Older Americans Month \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition, Celebration & Incentive Raffle 1:30 Member's Meeting 2:30 Art *Holocaust Remembrance Day*	2  CENTER CLOSED  YUBA RALLY OUTING	3 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Healing with Music 2:00 Art
6 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Co-occurring** 3:00 Pictionary	7 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art w/ Christian 3:00 Bingo	8 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Low Impact Stretching 2:30 Art	9 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie	10 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Healing with Music 2:00 Art Cultural Competence's Committee's Welcoming Event (11:30-1pm) – Walker & Thomson Room *Salsa Bar Celebration*
13 9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring** 3:00 Pictionary	14 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art w/ Christian 3:00 Bingo	15 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Member's Meeting 2:30 Art	16 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie	17 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 2:00 Art Outing: W.S.
20 9:30 Breakfast Chat 11:00 Group Games 2:00 Co-occurring** 3:00 Pictionary	21 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art w/ Christian 3:00 Bingo	22 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Low Impact Stretching 2:30 Art Mental Health Matter Day: State Capital	23 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie	24 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Healing with Music 2:00 Art
 CENTER CLOSED	28 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art w/ Christian 3:00 Bingo	29 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Member's Meeting 2:30 Art	30 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie  Wellness Center Art Show 11am-4pm	31 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Art Show Awards & Celebrations 2:00 Art

\*Free to Choose is by referral only. \*\*For HHS clients only.