

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

JUNE 2019

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

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

* Lesbian, Gay, Bisexual, and Transgender Pride Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Positivity 3:00 Pictionary	4 9:30 Topic Chat 10:00 Group Games 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art w/ Christian 3:00 Bingo *Ramadan Ends*	5 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition, Celebration & Incentive Raffle! 1:30 Low Impact Stretching 2:30 Art	6 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie	7 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
10 9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Positivity 3:00 Pictionary	11 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	12 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	13 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie	14 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
17 9:30 Breakfast Chat 11:00 Group Games 2:00 Positivity 3:00 Pictionary	18 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	19 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 *Juneteeth*	20 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie	21 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 2:00 Art Outing: California State Capitol Museum @ 10 AM
24 9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Positivity 3:00 Pictionary	25 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	26 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	27 9:30 Topic Chat 10:00 Walk n' Talk 11:00 Journaling 12:00 Art 1:00 Movie *Stonewall Rebellion*	28 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

*Free to Choose is by referral only.

** For HHSA clients only.

