

# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## AUGUST 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Group Games 1:00 Movie	2 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art
5 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Positivity 3:00 Pictionary	6 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Group Games 3:00 Bingo	7 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	8 9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie	9 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art
12 9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Baking 12:00 Wii Games 1:00 Stretching 2:00 Positivity 3:00 Pictionary	13 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Karaoke 3:00 Bingo	14 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Medication Education** 2:30 Art	15 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie  *Feast of the Assumption*	16 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art  Outing: Yolo County Fair**
19 9:30 Breakfast Chat 11:00 Group Games 2:00 Positivity 3:00 Pictionary	20 9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Karaoke 3:00 Bingo	21 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	22 9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie	23 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art
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\*Women's Equality Day\*

\*Free to Choose is by referral only.

\*\*For HHSA clients only.