

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

SEPTEMBER 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

* National Hispanic Heritage Month * / * Self Improvement Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>WELLNESS CENTER CLOSED</p>	<p>3</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Art 3:00 Bingo</p>	<p>4</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness, Celebration & Incentive Raffle! 1:30 Member's Meeting 2:30 Art TAY 4:30-6:00pm</p>	<p>5</p> <p>9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>6</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art</p>
<p>9</p> <p>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</p>	<p>10</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Effective Communication 3:00 Bingo</p>	<p>11</p> <p>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 *9/11 Remembrance Day* TAY 4:30-6:00pm</p>	<p>12</p> <p>9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie * Ethiopian New Year *</p>	<p>13</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art * Mid-Autumn Festival *</p>
<p>16</p> <p>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 * Mexican Independence Day *</p>	<p>17</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Effective Communication 3:00 Bingo</p>	<p>18</p> <p>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 TAY 4:30-6:00pm</p>	<p>19</p> <p>9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 12:30 Food Distribution 1:00 Movie</p>	<p>20</p> <p>ANNUAL PICNIC AT CAMPBELL PARK</p> <p>11:00 AM – 1:45 PM</p> <p>WOODLAND WELLNESS CENTER CLOSED</p>
<p>23</p> <p>9:30 Breakfast Chat 12:00 Group Games 2:00 Positivity 3:00 Pictionary</p>	<p>24</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:00 Gratitude 1:00 Illness Management Recovery w/ Cheri** 2:00 Effective Communication 3:00 Bingo</p>	<p>25</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 2:30 Art TAY 4:30-6:00pm</p>	<p>26</p> <p>9:30 Topic Chat 10:00 Self-Esteem 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>27</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Meditation 2:00 Art * Native American Day *</p>
<p>30</p> <p>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 * Rosh Hashanah *</p>				

*Free to Choose is by referral only.

** For HNSA clients only.