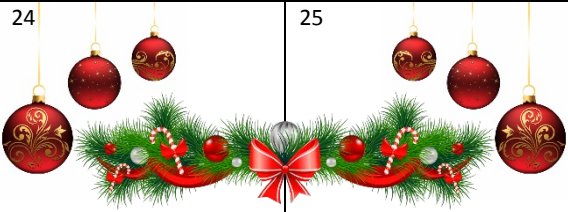






MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

DECEMBER 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
<p>2</p> <p>9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Pictionary</p> <p><i>*International Day for Abolition of Slavery*</i></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 Effective Communication 3:00 Bingo</p> <p><i>*International Day of Disabled Persons*</i></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</p> <p>TAY 4:30 – 6:00 PM</p>	<p>5</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>6</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art</p>
<p>9</p> <p>9:30 Breakfast Chat 11:00 Positivity 12:00 Wii Games 1:00 Stretching 2:00 Pictionary</p> <p>Outing: Vacaville Outlets</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</p> <p>TAY 4:30 – 6:00 PM</p>	<p>12</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p> <p><i>*Fiesta de Guadalupe*</i></p>	<p>13</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art</p>
<p>16</p> <p>9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Pictionary</p> <p><i>*Las Posadas begins*</i></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</p> <p>Center will be CLOSED at 2:00 PM for TAY</p>	<p>19</p> <p>9:30 Topic Chat 10:00 Self-Care 11:00 Journaling 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie</p>	<p>20</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art</p> <p><i>*Yule begins*</i></p>
<p>23</p> <p>9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Wii Games 1:00 Stretching 2:00 Pictionary</p>	<p>24</p>  <p>Center Closed Christmas Eve <i>*Las Posadas end*</i></p>	<p>25</p>  <p>Center Closed <i>*Christmas Day*</i></p>	<p>26</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>  <p><i>*Kwanza begins*</i></p>	<p>27</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art</p>
<p>30</p> <p>9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Wii Games 1:00 Stretching 2:00 Pictionary</p>  <p><i>*Rizal Day* / *Hanukkah ends*</i></p>	<p>31</p> <p>Center Closed Happy New Year!</p>  <p><i>*Yule ends*</i></p>			

**Free to Choose is by referral only. / ** For HHSA clients only.*

