


# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## FEBRUARY 2020

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

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

*\*African American/Black History Month\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Pictionary</p>	<p>4</p> <p>9:30 Topic Chat 10:00 <b>Free to Choose*</b> 11:00 Gratitude 1:00 <b>Illness Management Recovery w/ Cheri**</b> 2:00 Effective Communication 3:00 Bingo</p>	<p>5</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 <b>Cooking w/ Wellness, Celebration &amp; Incentive Raffle!</b> 1:30 Member's Meeting 2:30 Art</p>	<p>6</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>7</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 <b>Food Distribution</b> 1:00 Weekend Planning 2:00 Art</p>
<p>10</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>11</p> <p>9:30 Topic Chat 10:00 <b>Free to Choose*</b> 1:00 Group Games 2:00 Effective Communication 3:00 Bingo</p> <p style="text-align: center;"><b>Outing: Bowling @ 11am**</b></p>	<p>12</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 <b>Medication Education**</b> 2:30 Art</p>	<p>13</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>14</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 <b>Food Distribution</b> 1:00 Weekend Planning 2:00 <b>Valentine's Day Art</b></p> <p style="text-align: right;"> <b>* St. Valentine's Day *</b></p>
<p>17</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> <p style="text-align: center;"></p>	<p>18</p> <p>9:30 Topic Chat 10:00 <b>Free to Choose*</b> 11:00 Gratitude 1:00 <b>Illness Management Recovery w/ Cheri**</b> 2:00 Effective Communication 3:00 Bingo</p>	<p>19</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</p>	<p>20</p> <p>9:30 Topic Chat 10:00 Self-Care 11:00 Journaling 12:00 <b>Stress Management w/ Animal Assisted Therapy – Walker Room**</b> 1:00 Movie</p>	<p>21</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 <b>Food Distribution</b> 1:00 Weekend Planning 2:00 Art</p>
<p>24</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>25</p> <p>9:30 Topic Chat 10:00 <b>Free to Choose*</b> 11:00 Gratitude 1:00 <b>Illness Management Recovery w/ Cheri**</b> 2:00 Effective Communication 3:00 Bingo</p>	<p>26</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Board Games 2:30 Art</p>	<p>27</p> <p>9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie</p>	<p>28</p> <p>9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 <b>Food Distribution</b> 1:00 Weekend Planning 2:00 Art</p>

**\*Free to Choose is by referral only.**

**\*\* For HHS clients only.**