

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

MARCH 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

* Women's History Month *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Pictionary	3 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	4 9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness, Celebration & Incentive Raffle! 1:30 Board Games 2:30 Art	5 9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie	6 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
9 9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Wii Games 1:00 Stretching 2:00 Pictionary	10 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 * Holi *	11 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	12 9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie	13 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
16 9:30 Breakfast Chat 12:00 Group Games 1:00 Wii Games 2:00 Pictionary	17 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 * St. Patrick's Day *	18 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	19 9:30 Topic Chat 10:00 Self-Care 11:00 Journaling 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room** 1:00 Movie * Start of Spring *	20 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art * Persian New Year *
23 9:30 Breakfast Chat 10:00 Walk n' Talk 12:00 Wii Games 2:00 Pictionary Outing: UC Davis Arboretum**	24 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	25 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 * Greek Independence Day *	26 9:30 Topic Chat 10:00 Stretching 11:00 Journaling 12:00 Self-Care 1:00 Movie	27 9:30 Check in 10:00 Meditation 11:00 NAMI Connect 12:00 Food Distribution 1:00 Weekend Planning 2:00 Art
30 9:30 Breakfast Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Wii Games 1:00 Stretching 2:00 Pictionary	31 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 * Caesar Chavez Day *			

*Free to Choose is by referral only.

** For HHSA clients only.