

Wellness Center Hours: 10:00 a.m. – 3:00 p.m.

West Sacramento: 500-B Jefferson Boulevard, West Sacramento, CA, 95605 / Phone: (916) 375-6340
 Woodland: 137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
|  | | | | 4 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo |
| 4  | 5 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie | 6 10:00 AM Choose 2 Recover 11:00 AM Men's Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude | 7 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Charades 1:00 PM Positivity 2:00 PM Daily Thoughts | 8 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo |
| 11 10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Weekend Wrap-up 2:00 PM Wii Games | 12 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie | 13 10:00 AM Choose 2 Recover 11:00 AM Men's Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude | 14 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Pictionary 1:00 PM Positivity 2:00 PM Daily Thoughts | 15 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo |
| 18 10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Weekend Wrap-up 2:00 PM Wii Games | 19 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie | 20 10:00 AM Choose 2 Recover 11:00 AM Men's Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude | 21 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Charades 1:00 PM Positivity 2:00 PM Daily Thoughts | 22 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo |
| 25 10:00 AM Gardening 11:00 AM Processing Change 12:00 PM Music Monday 1:00 PM Weekend Wrap-up 2:00 PM Wii Games | 26 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie | 27 10:00 AM Choose 2 Recover 11:00 AM Men's Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude | 28 Center Closed Due to Old Sacramento Outing | 29 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo |