

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
2 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	3 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie	4 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude	5 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Charades 1:00 PM Positivity 2:00 PM Daily Thoughts	6 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo
9 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	10 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie	11 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude	12 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Charades 1:00 PM Positivity 2:00 PM Daily Thoughts	13 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo
16 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	17 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching <b>1:00 PM Movie</b>	18 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Dual Diagnosis 1:00 PM Reflections 2:00 PM Gratitude	19 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Pictionary 1:00 PM Positivity 2:00 PM Daily Thoughts	20 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo
23 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	24 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie	25 <p style="text-align: center;"><b>CENTER CLOSED FOR APPLE HILL OUTING</b></p>	27 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Charades 1:00 PM Positivity 2:00 PM Daily Thoughts	28 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo
30 10:00 AM Gardening 11:00 AM Processing Change <p style="text-align: center;"><b>12:00 PM HALLOWEEN CELEBRATION</b></p>	31 10:00 AM Choose 2 Recover 11:30 AM Walking 12:00 PM Meditation 12:30 PM Stretching 1:00 PM Movie			