


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
				1 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo
4 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	5 10:00 AM Choose 2 Recover 11:30 AM Stretching 12:00 PM Walking 12:30 PM Meditation 1:00 PM Movie	6 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Reflections 1:00 PM Dual Diagnosis 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 Stretching 12:00 PM Walking 12:30 PM Meditation 1:00 PM Movie	13 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Reflections 1:00 PM Dual Diagnosis 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 Stretching 12:00 PM Walking 12:30 PM Meditation 1:00 PM Movie	20 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Reflections 1:00 PM Dual Diagnosis 2:00 PM Gratitude	CENTER CLOSED MOVIE MATINEE OUTING	22 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM WINTER HOLIDAY CELEBRATION
CENTER CLOSED FOR CHRISTMAS	HSA CLOSED TO THE PUBLIC	27 10:00 AM SUD Clinical Group 11:00 AM Men’s Group 12:00 PM Reflections 1:00 PM Dual Diagnosis 2:00 PM Gratitude	28 10:30 AM Check-in 11:00 AM Managing Stress 12:00 PM Pictionary 1:00 PM Positivity 2:00 PM Daily Thoughts	29 10:00 AM Weekend Planning 10:30 am Walking 11:00 AM Women’s Group 12:00 PM Art 1:30 PM Bingo