

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 AM Check-in 11:00 AM Positivity 12:00 PM Choices in Recovery 1:00 PM Daily Thoughts 2:00 PM Managing Stress	2 10:00 AM Weekend Planning 10:30 AM Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo
5 10:00 AM Weekend Wrap-Up 11:00 AM Music Monday 12:00 PM Gardening 1:00 PM Processing Change 2:00 PM Wii Games	6 10:00 AM Choose 2 Recover 11:30 AM Stretching 12:00 PM Walking 12:30 Meditation 1:00 Movie	7 10:00 AM Clinical SUD Group 11:00 AM Men's Group 12:00 PM Gratitude 1:00 PM Reflections 2:00 PM Dual Diagnosis	8 10:30 AM Check-In 11:00 AM Positivity 12:00 PM Cooking with Wellness 1:30 PM Daily Thoughts 2:00 PM Managing Stress	9 10:00 AM Weekend Planning 10:30 AM Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo
12 10:00 AM Weekend Wrap-Up 11:00 AM Music Monday 12:00 PM Gardening 1:00 PM Processing Change 2:00 PM Wii Games	13 10:00 AM Choose 2 Recover 11:30 AM Stretching 12:00 PM Walking 12:30 Meditation 1:00 Movie	14 10:00 AM Clinical SUD Group 11:00 AM Men's Group 12:00 PM Gratitude 1:00 PM Reflections 2:00 PM Valentine's Day Event 	15 10:30 AM Check-In 11:00 AM Positivity 12:00 PM Cooking with Wellness 1:30 PM Daily Thoughts 2:00 PM Managing Stress	16 10:00 AM Weekend Planning 10:30 AM Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo
19 <p style="text-align: center;">CENTER CLOSED FOR PRESIDENT'S DAY</p>	20 10:00 AM Choose 2 Recover 11:30 AM Stretching 12:00 PM Walking 12:30 Meditation 1:00 Movie	21 10:00 AM Clinical SUD Group 11:00 AM Men's Group 12:00 PM Gratitude 1:00 PM Member's Meeting 2:00 PM Dual Diagnosis	22 10:30 AM Check-In 11:00 AM Positivity 12:00 PM Cooking with Wellness 1:30 PM Daily Thoughts 2:00 PM Managing Stress	23 10:00 AM Weekend Planning 10:30 AM Walking 11:00 AM Women's Group 12:00 PM Art 1:30 PM Bingo
26 10:00 AM Weekend Wrap-Up 11:00 AM Music Monday 12:00 PM Gardening 1:00 PM Processing Change 2:00 PM Wii Games	27 10:00 AM Choose 2 Recover 11:30 AM Stretching 12:00 PM Walking 12:30 Meditation 1:00 Movie	28 10:00 AM Clinical SUD Group 11:00 AM Men's Group 12:00 PM Gratitude 1:00 PM Reflections 2:00 PM Dual Diagnosis	29 10:30 AM Check-In 11:00 AM Positivity 12:00 PM Cooking with Wellness 1:30 PM Daily Thoughts 2:00 PM Managing Stress	