



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 10:00 Breakfast Chat 11:00 Weekend Planning 11:30 Women's Group 12:30 Art 2:00 Bingo |
| 4 10:00 Weekend Wrap-Up 10:30 Mindfulness Monday 11:30 Travel Group 12:30 Show and Share 1:00 Mandala and Music | 5 10:00 Choose 2 Recover 11:30 Self Care 12:00 Stretch/Walk 1:00 Movie | 6 10:00 Clinical SUD Group 11:00 Men's Group 12:00 Success Highlight 1:00 Reflections 2:00 Heightened Emotional Control | 7 10:00 Check-In 10:30 WRAP 11:30 Positivity 12:30 Cooking with Wellness 2:00 News Topics/ Current Events | 8 10:00 Breakfast Chat 11:00 Weekend Planning 11:30 Women's Group 12:30 Art 2:00 Bingo |
| 11 10:00 Weekend Wrap-Up 10:30 Mindfulness Monday 11:30 Travel Group 12:30 Show and Share 1:00 Mandala and Music | 12 10:00 Choose 2 Recover 11:30 Self Care 12:00 Stretch/Walk 1:00 Movie | 13 10:00 Clinical SUD Group 11:00 Men's Group 12:00 Success Highlight 1:00 Reflections 2:00 Heightened Emotional Control | 14 10:00 Check-In 10:30 WRAP 11:30 Positivity 12:30 Cooking with Wellness 2:00 News Topics/ Current Events | 15 10:00 Breakfast Chat 11:00 Weekend Planning 11:30 Women's Group 12:30 Art 2:00 St Patrick's Day Event |
| 18 10:00 Weekend Wrap-Up 10:30 Mindfulness Monday 11:30 Travel Group 12:30 Show and Share 1:00 Mandala and Music | 19 10:00 Choose 2 Recover 11:30 Self Care 12:00 Stretch/Walk 1:00 Movie Spring Equinox | 20 10:00 Clinical SUD Group 11:00 Men's Group 12:00 Success Highlight 1:00 Reflections 2:00 Heightened Emotional Control | 21 10:00 Check-In 10:30 WRAP 11:30 Positivity 12:30 Cooking with Wellness 2:00 News Topics/ Current Events | 22 10:00 Breakfast Chat 11:00 Weekend Planning 11:30 Women's Group 12:30 Art 2:00 Bingo |
| 25 10:00 Weekend Wrap-Up 10:30 Mindfulness Monday 11:30 Travel Group 12:30 Show and Share 1:00 Mandala and Music | 26 10:00 Choose 2 Recover 11:30 Self Care 12:00 Stretch/Walk 1:00 Movie Gibson Mansion Outing 10:40am | 27 10:00 Clinical SUD Group 11:00 Men's Group 12:00 Success Highlight 1:00 Reflections 2:00 Heightened Emotional Control | 28 10:00 Check-In 10:30 WRAP 11:30 Positivity 12:30 Cooking with Wellness 2:00 News Topics/ Current Events | 29 10:00 Breakfast Chat 11:00 Weekend Planning 11:30 Women's Group 12:30 Art 2:00 Bingo |
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