



# CORE Wellness Center Marconi Calendar

3737 Marconi Avenue

Sacramento, CA 95821

916-480-1801 ext. 2090

# AUGUST 2023

| Monday   | Tuesday  | Wednesday   | Thursday                                    | Friday   |
|--|--|---|---|--|
| Current Events with Allison 9:00-9:30          | Crafting for a Cause with Allison 8:30-9:30    | Motivational Movement with Kai and Rick 8:30-9:30 | Crafting for a Cause with Allison 8:30-9:30 | Current Events with Allison 9:00-9:30            |
| Morning Meeting with Leslie 10:00-10:30        | Morning Meeting with Leslie 10:00-10:30        | Morning Meeting with Leslie 10:00-10:30           | Morning Meeting with Leslie 10:00-10:30     | Morning Meeting with Leslie 10:00-10:30          |
| Name that Song with Rie 11:00-12:00            |  | Beading with Leslie 11:00-12:00                   | Flower Arrangements with Leslie 11:00-12:00 |  |
|  | Moving Toward Recovery with Monroe 11:30-12:30 | NA Meeting with Shane 12:00-1:00                  | Anger Management with Monroe 11:30-12:30    | CBT with Monroe 11:30-12:30                      |
| Lunch Check in                                 | Lunch Check in                                 | Lunch Check in                                    | Lunch Check in                              | Lunch Check in                                   |
| Creative CBT with BJ 12:30-1:30                |  | Literacy with Deane 12:30-1:30                    |   | Motivational Interviewing with Monroe 12:30-1:30 |
| Emotional Regulation 101 with Portia 1:00-2:00 | Moving Toward Recovery with Monroe 1:00-2:00   |   | Anger Management with Monroe 1:00-2:00      | Healing Art with Olivia 1:30-2:30                |
|  |  | Art Group with Hope and Traci 1:30-3:00           |   |  |
| Domestic Violence Support with Rie 2:00-3:00   | Navigating Resources with Connie 2:00-2:30     |   | Processing Anxiety with Crystal 2:00-2:30   | Poetry Project with Shane 2:00-2:30              |
| Chair Yoga with Denise 3:00-4:00               | Theatre Club with James & Crystal 3:00-4:00    | Learn to Cook with Rie and Portia 3:00-4:00       | Theatre Club with James & Crystal 2:30-3:30 |  |
|  |  |   |   | Guided Meditation with Crystal 3:30-4:30         |
|  |  | Karaoke with Denise and Justin 4:00-5:00          |   |  |
| CLOSE  | CLOSE  | CLOSE   | CLOSE                                       | CLOSE  |