



# CORE Howe Wellness Center Activities Calendar

650 Howe Ave, Building 300  
Sacramento, CA 95825

(916) 485-6500

## February 2024

**\*Showers & Laundry Services**  
Tuesdays & Thursdays  
9:30AM to 12:30PM

**\*Birthday Celebrations**  
February 9th, 2024  
12:30pm-1:00pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30AM</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>10:00AM</b>	Morning Inspirations with Mathew 10:00am-10:30am	Morning Inspirations with Mathew 10:00am-10:30am	Morning Inspirations with Mathew 10:00am-10:30am	Morning Inspirations with Mathew 10:00am-10:30am	Morning Inspirations with Mathew 10:00am-10:30am
<b>10:30AM</b>	Wellness Walk with Denise 10:30am-11:00am Outpatient Orientation with Lauryn 10:30am-11:00am	Wellness Walk with Denise 10:30am-11:00am	Wellness Walk with Denise 10:30am-11:00am	Wellness Walk with Ryan 10:30am-11:00am Outpatient Orientation with Lauryn 10:30am-11:00am	Wellness Walk with Denise 10:30am-11:00am
<b>11:00AM</b>	Coffee & Chat with Latesha	Building Walls to Success with Prentiss & BJ 11:00am-12:00pm		Karaoke with Ryan 11:00am-11:30am	Diamond Art with Lorena & Lauryn 11:00am-12:00pm
<b>12:00PM</b>	<b>Lunch Time!</b>				
<b>12:30PM</b>	Creative CBT with BJ 12:30pm-1:30pm	Beading with Lorena & Lauryn 12:30pm-1:00pm	Mid-Week Check-in 12:30pm-1:00pm	Lo-Fi Soundscapes 12:30pm-1:00pm	Weekend Wind Down 12:30pm-1:00pm
<b>1:00PM</b>	Healing Through Art with Natalie 1:00pm-2:00pm	Cooking with Mathew 1:00pm-2:00pm	Healing with Music with Ryan 1:00pm-1:30pm	Expressive Arts with Mathew 1:00pm-1:30pm	Healing with Music with Ryan 1:00pm-1:30pm
<b>1:30PM</b>		Mindfulness Journaling with Lauren 1:30pm-2:00pm	Trivia with BJ 1:30pm-2:00pm	Community Building: Board games 1:30pm-2:30pm	BINGO! with Natalie 1:30pm-2:30pm
<b>2:00PM</b>	Popcorn and Movies 2:00pm-3:00pm		BINGO! with Lauryn 2:00pm-3:00pm		Popcorn and Movies 2:00pm-4:00pm
<b>3:00PM</b>			Positive Affirmations with Natalie 3:00pm-3:30pm		

**Wellness Center open Monday thru Friday 8:30AM-5:00PM - come join us!**