



Resilience. Connection. Transformation.

CORE Marconi Wellness Center Activities Calendar

3737 Marconi Ave.
Sacramento, CA 95821

(916) 480-1801
extension 2090

Lunch Served Daily!

February 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM		Crafting for a Cause with Allison 9:00am-10:00am		Current Events with Allison 9:00am-10:00am	
10:00AM	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am	Morning Meeting with Leslie 10:00am-10:30am
10:30AM	OP Orientation with Allison 10:30am-11:00am Walking with Deane 10:30am-11:00am	Walking with Deane for a foodbank run at Arcade church 10:30am-11:30am	OP orientation with Deane 10:30am-11:00am		OP Orientation with Monroe 10:30am-11:00am Literacy with Deane 10:30am-11:30am
11:00AM	Sonder Awareness Group with Lani 11am-12pm Fe-Male Group 11am-12pm February 5th and 19th	Creative Communication wth Alison 11:00am-12:00pm	Beading with Leslie 11:00am-12:00pm	Flower Arrangements with Leslie 11:00am-12:00pm	
11:30am		Moving Toward Recovery with Monroe 11:30am-12:30pm		Anger Management with Monroe 11:30am-12:30pm	CBT with Monroe 11:30am-12:30pm
12:00PM	Lunch with cafeteria crew	Lunch	Lunch and Bingo	Lunch with cafeteria crew	Lunch with cafeteria crew
12:30PM				Guided meditation with Lani 12:30pm-1:00pm	
1:00PM	Coffee and Chat with Lisa 1:00pm- 2:00pm	Moving Toward Recovery with Monroe 1:00pm-2:00pm	Get in the beat dance class with Crystal 12:30pm - 1:30pm	Anger Management with Monroe 1:00pm-2:00pm Theatre Club with Crystal and James 1:00pm-2:00pm	Motivational Interview with Monroe 1:00pm-2:00pm
1:30PM			Art Group with Hope and Traci 1:30pm-3:00pm		
2:00PM	Chair Yoga with Denise 2:00pm-3:00pm	Money Management with Alison 2:00pm-3:00pm		Processing Anxiety with Crystal and Lani 2:00pm-2:30pm	Poetry Project with Lani 2:00pm-2:30pm
2:30PM					Guided Meditation with Crystal 2:30pm-3:00pm
3:00PM	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm	Movie and Popcorn 3:00pm-5:00pm

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